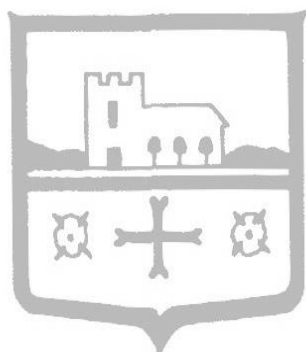


# St Aidan's Catholic Primary School



## Relationships and Sex Education *A Guide for Parents* March 2021

### A Journey in **LOVE**

*A developmental programme  
for children in the primary years*



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# 'Love God, Love One Another'

## Aims of Relationship and Sex Education (RSE)

- To encourage pupils' growth in self-respect, acknowledging we are all created in the image and likeness of God
- To help pupils develop an understanding that love is the central basis of relationships
- To help pupils to understand the nature of relationships and to encourage them to reflect on their own relationships and respect differences between people.
- To develop pupils' confidence in talking, listening and thinking about feelings and relationships.
- To help pupils acquire the skills necessary to develop and sustain relationships
- To offer RSE education in the wider context of relationships.
- To ensure that pupils protect themselves and ask for help and support when needed.
- To ensure that pupils are prepared for puberty.
- To help pupils to develop a healthier, safer lifestyle.
- To prepare pupils to play an active role as citizens and to understand the Catholic vision of what it means to be citizens of the Kingdom of God.

The programme for Relationships and Sex Education which we use at St Aidan's is called '**A Journey in Love**'.

This booklet for parents outlines how the programme is organised and what is covered in each year group. A Journey in Love has at its foundation the belief that we are made in the image and likeness of God, and as a consequence, gender and sexuality are God's gift, reflect God's beauty and share in the divine creativity.

In order that children may grow and develop healthily and as complete human beings, they must have an understanding of themselves and the implications for successful relationships, they must be at ease with themselves and grow in self-knowledge.

An aspect of the mystery of love is explored in each year group; children and young people are encouraged to marvel at the wonder and beauty of God's creative love. This is reflected in each stage of a person's growth in the primary years through a series of suggested, progressive and developmental tasks, activities and reflections that focus on social, emotional, physical and spiritual developments.



### **How will we organise lessons for Journey in Love?**

- Before the programme begins ground rules are set with the children regarding the kind of positive behaviour expected of every child
- All children and teachers treat each other with respect, all questions and answers are listened to in a sensitive and sensible manner
- Children may be taught in small groups for some elements of the programme  
Some lessons may be taught in single sex groups as appropriate
- All children will cover the same topics
- Lessons may include; discussions, presentations, questions, written work and homework.

### **What if a child asks a difficult question?**

There are specific areas that we feel should not be discussed within the context of our school lessons, e.g. contraception, as we feel that our children are not yet emotionally mature to handle these issues. These are all topics which are dealt with at secondary school.

If a child does ask a question outside the scope of our programme, it will be dealt with in a sensitive and caring manner. We would always ask the child concerned to discuss the issue with their parents.



### **How can I help?**

- By talking with your child at home
- By discussing their work after each lesson
- By listening to any concerns
- By reassuring your child that you are there if they need to talk about anything at all



### **Can I withdraw my child from Relationship and Sex Education?**

Parents have the right to withdraw their children from RSE except in those elements which are required by the Science National Curriculum

Should parents wish to withdraw their child they are asked to notify the school by contacting Mrs Yates, the Head Teacher. The school will provide support by providing material for parents to help the children with their learning.

# St Aidan's Catholic Primary School

## Journey in Love Overview 2020/21

<p>EYFS</p>	<p><b><u>The wonder of being special and unique</u></b> – <i>To explore the wonder of being special and unique.</i></p> <p><b>Social and Emotional</b> – To recognise the joy of being a special person in my family.</p> <p><b>Physical</b> – To recognise that we are all different and unique.</p> <p><b>Spiritual</b> – To celebrate the joy of being a special person in God's family.</p> <p><b>Key Words:</b> God, wonder, love, hands, fingers, nails, faces, noses, lips, ears, hair, features, colour, shape, size, unique, belonging, different, special, womb, describe, friends, generous, worried, Baptism</p>
<p><u>Year 1</u></p>	<p><b><u>We meet God's love in our family</u></b> – <i>To focus on families and growing up in a loving, secure and stable home.</i></p> <p><b>Social and Emotional</b> – To recognise signs that I am loved in my family.</p> <p><b>Physical</b> – To recognise how I am cared for and kept safe in my family.</p> <p><b>Spiritual</b> – To celebrate ways that God loves and cares for us.</p> <p><b>Key Words:</b> Unique, friend, respect, secure, God, love, care, commitment, stable, important, different, special, signs, healthy, safe, boundaries, kindness, teasing, bullying, positive, negative, wrong, unacceptable, truth, lies, correct names for body parts</p>
<p><u>Year 2</u></p>	<p><b><u>We meet God's love in the community</u></b> – <i>To describe how we are growing and developing in diverse communities that are God-given.</i></p> <p><b>Social and Emotional</b> – To recognise the joy of friendship and of belonging to a diverse community.</p> <p><b>Physical</b> – To describe ways of being safe in communities.</p> <p><b>Spiritual</b> – To celebrate ways of meeting God in our communities.</p> <p><b>Key Words:</b> Community, local, global, impact, responsibility, harm, improve, God-given, belonging, family, diverse, father, mother, carer, guardian, feelings, recognise, emotions, friendships, relationships, secrets, stereotypes, respect, equal</p>

Year 3

**How we live** – *To describe and give reasons for how we grow in caring and happy friendships where we are secure and safe.*

**Social and Emotional** – To describe and give reasons how friendships make us feel happy and safe.

**Physical** – To describe and give reasons why friendships can break down and how they can be repaired and strengthened.

**Spiritual** – to celebrate the joy and happiness of living in friendship with God and others.

**Key Words:**

Community, God-given, belonging, family, diverse, father, mother, carer, guardian, feelings, emotions, friends, loyalty, kindness, trust, selfless, generous, reasons, difficulties, positive, respectful

Year 4

**God loves us in our differences** – *To make links and connections to show that we are all different. To celebrate these differences as we appreciate that God’s love accepts us as we are now and as we change.*

**Social and Emotional** - To describe how we all should be accepted and respected.

**Physical** – To describe how we should treat others making links with the diverse modern society we live in.

**Spiritual** – To celebrate the uniqueness and innate beauty of each of us.

**Key Words:**

God, gifts, talents, differences, development, change, stereotype, acceptance, cultural, biological, respect, courtesy, manners, sensitivity, religious, belief, bullying, polite, uniqueness, beauty, dignity

Year 5

**God loves us in our changing and developing** – *Show a knowledge and understanding of how we grow in awareness of the physical and emotional changes that accompany puberty – sensitivity, mood swings, anger, boredom etc. and grow further in recognising God’s presence in our daily lives.*

**Social and Emotional** – To show knowledge and understanding of emotional relationship changes as we grow and develop.

**Physical** – To show knowledge and understanding of the physical changes in puberty.

**Spiritual** – To celebrate the joy of growing physically and spiritually.

**Key Words:**

God, sensitivity, puberty, presence, celebrate, external, internal, change, develop, ovulation, biological, respect, reproduction, menstrual cycle, hormones, pituitary gland, uterus, fertilised ovum, fallopian tube, vagina, womb, period

## Year 6

**The wonder of God's love in creating new life** – *To develop a secure understanding of what stable, caring relationships are and the different kinds there may be. Focusing on Catholic teaching, children will also know and understand about conception of a child within marriage.*

**Social and Emotional** – To develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families.

**Physical** – Explain how human life is conceived.

**Spiritual** – Show an understanding of how being made in the image and likeness of God informs decisions and actions when building relationships with others, including life-long relationships.

**Key Words:**

God, Christian, appropriate, dignity, sexuality, fallopian, conceive, relationship, uterus, cervix, fiancé, fiancée.