

# St Mary's Catholic Primary School

*Living and Learning Together –  
Shining in our Faith*



**Relationships, Sex and Health Education:**

**'A Journey in Love'  
(RSHE Scheme of the Liverpool Archdiocese)**

**A Guide for Parents and Carers**

## Aims of Relationship, Sex and Health Education (RSHE)

- 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 help pupils to develop a healthier, safer lifestyle.
- To ensure that pupils protect themselves and ask for help and support when needed.
- To ensure that pupils are prepared for puberty.
- To offer sex education in the wider context of relationships.
- 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.

Our Mission Statement places these aims and beliefs at the centre of all we hope to achieve. At St Mary's, our mission is:

*Living and Learning Together – Shining in our Faith*

It is with this mission that we share this booklet with our parents and carers. We recognise parents as the first and most important educators of their children and we hope that the information provided here will enable us all to work together in supporting parents in their most important role.

At the heart of our mission as a school, and at the heart of our Relationships, Sex and Health Education, is **love**.

God is love (1 John 4:9), and through our love for others, we link ourselves with God the Father, through Jesus Christ his Son, and through the Spirit.

At St Mary's, we follow the programme for Relationships, Sex and Health Education **which is advised by the Liverpool Archdiocese**, and is called 'A Journey in Love'. This booklet for parents and carers outlines how the programme is organised and what is covered in each year group.

### Themes explored in each year group:

- Reception: The wonder of being special and unique
- Year One: We meet God's love in our family
- Year Two: We meet God's love in the community
- Year Three: How we live in love
- Year Four: God loves us in our differences
- Year Five: God loves me in our changing and developing
- Year Six: The wonder of God's love in creating new life

## EYFS

### Reception – The wonder of being special and unique

**Aim:** To explore the wonder of being special and unique

- Social & Emotional - Learning Intention: *To recognise the joy of being a special person in my family.*
- Physical – Learning Intention: *To recognise that we are all different and unique.*
- Spiritual – Learning Intention: *To celebrate the joy of being a special person in God's family.*

**Key words:** God, unique, different, wonder, special, eyes, hair, boy/girl, hands, fingers, name, family, love, describe, baptism, friends, generous, worried, noses

**Key skills:** listening, sharing, speaking, respecting, praying, celebrating and creating.

## Key Stage 1

### Year 1 – We meet God's love in our family

**Aim:** To focus on families and specially growing up in a loving, secure and stable home.

- Social & Emotional - Learning Intention: To recognise signs that I am loved in my family.
- Physical – Learning Intention: To recognise how I am cared for and kept safe in my family.
- Spiritual – Learning Intention: To celebrate ways that God loves and cares for us.

**Key words:** unique, friend, God, important, different, special, secure, love, care, signs, healthy, safe, kindness, teasing, truth, lies, bullying, positive, negative, wrong, unacceptable

**Key skills:** listening, speaking, respecting, praying, reflecting, understanding, recognising, supporting, celebrating, deciding

## **Year 2 – We meet God’s love in the community**

**Aim:** To describe how we are growing and developing in diverse communities that are God-given.

- Social & Emotional - Learning Intention: To recognise the joy and friendship of belonging to a diverse community.
- Physical – Learning Intention: To describe ways of being safe in communities.
- Spiritual – Learning Intention: To celebrate ways of meeting God in our communities.

**Key words:** God-given, community, local, global, responsibility, harm, improve, belonging, family, diverse, father/mother, carer/guardian, feelings, secrets, recognise, emotions, friendships, relationships, respect, equal

**Key skills:** listening, speaking, respecting, praying, reflecting, understanding, describing, recognising, informing, forgiving

## **Lower Key Stage 2**

### **Year Three – How we live in love**

**Aim:** To describe and give reasons for how we grow in love in caring and happy friendships where we are secure and safe.

- Social & Emotional - Learning Intention: To describe and give reasons how friendships make us feel happy and safe.
- Physical – Learning Intention: To describe and give reasons why friendships can break down, how they can be repaired and strengthened.
- Spiritual – Learning Intention: To celebrate the joy and happiness of living in friendship with God and others.

**Key words:** God-given, belonging, family, diverse, father/mother, carer/guardian, feelings, emotions, friends, loyalty, kindness, trust, selfless, generous, reasons, difficulties, positive, respectful, community

**Key skills:** listening, relating, speaking, respecting, praying, reflecting, understanding, describing, welcoming, choosing wisely

### **Year Four – God loves us in our differences**

**Aim:** 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 & Emotional - Learning Intention: To describe how we all should be accepted and respected.
- Physical – Learning Intention: To describe how we should treat others making links with the diverse modern society we live in.
- Spiritual – Learning Intention: To celebrate the uniqueness and innate beauty of each of us.

**Key words:** God, gifts, talents, difference, development, change, stereotype, acceptance, cultural, biological, respect, manners, sensitivity, religious, belief, bullying, polite, uniqueness, innate, beauty, dignity

**Key skills:** respecting, encouraging, recognising, appreciating, celebrating, relating

## **Upper Key Stage 2**

### **Year Five – God loves me in my changing and development**

**Aim:** 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 & Emotional - Learning Intention: To show knowledge and understanding of emotional relationship changes as we grow and develop.
- Physical – Learning Intention: To show knowledge and understanding of the physical changes in puberty.
- Spiritual – Learning Intention: To celebrate the joy of growing physically and spiritually.

**Key words:** God, sensitivity, puberty, presence, celebrate, external, internal, change, develop, ovulation, biological, respect, reproduction, production, hormones, pituitary gland, uterus, fertilised ovum, fallopian tube, penis, vagina, cervix, womb, menstrual cycle

**Key skills:** respecting, adapting, relating, developing, considering, supporting, deciding, accepting, helping

## **Year Six – The wonder of God’s love in creating new life**

**Aim:** 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 the conception of a child within marriage.

- Social & Emotional - Learning Intention: To develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families.
- Physical – Learning Intention: To explain how human life is conceived.
- Spiritual – Learning Intention: To 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, intercourse, conceive, relationship, uterus, cervix, penis, testicle, scrotum, ovary, uterus, vagina

**Key skills:** listening, questioning, speaking, relating, respecting, reflecting, thinking, identifying, accepting, empathising, understanding, communicating, researching

### **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
- Any child who is silly, or disruptive and who deliberately attempts to embarrass or hurt another member of the group, will be asked to leave
- Children may be taught in small groups for some elements of the programme
- All children will cover the same topics
- Lessons may include; discussions, presentations, questions and written work

### **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; these will be addressed as part of the secondary curriculum.

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 you 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

### **What if I don’t feel that my child is ready for this programme of work?**

We ask that if parents feel that their child may not be quite ready for the content within the programme, they should contact their class teacher or Mrs Preston as the RSHE Subject Leader to discuss their thoughts on the matter.