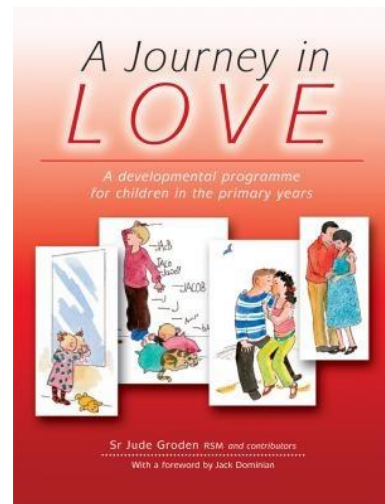


St Ambrose Catholic Primary School



Follow the example of Jesus



Relationships and Sex Education (RSE) A Guide for Families

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 all relationships.
- To help pupils 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 sex 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 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/reign of God.



Our Mission Statement places these aims and beliefs at the centre of all that we hope to achieve...

'Follow the Example of Jesus'

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

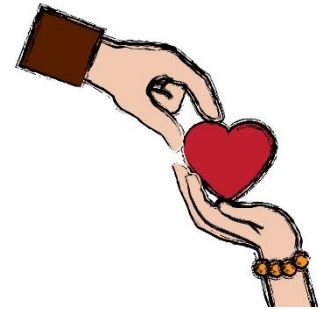


Love...

At the heart of the Christian faith is love. St John says that God is Love (1 John 4:9) and the whole purpose of Christianity is to live it as fully as possible in and through love. This means that we have to link every aspect of our being, from birth to death, with love.

Love starts to enter our life from the moment of birth when we are held tenderly in the arms of our mother and developed throughout our first intimate relationship of childhood with our parents, family members, friends and teachers.

At puberty, sexual characteristics develop and we begin to seek someone outside of the family with whom we can grow in love, usually ending in marriage.



The whole purpose of education at home and in our primary school is to connect every aspect of growth, physical, emotional, intellectual and social with love. The ultimate goal is to enable adults to fully love themselves (to accept themselves positively) and in turn love their neighbour (making themselves fully available to others).

Through our love for others, we link ourselves with God the Father, through Jesus Christ his Son and through the Holy Spirit.

The programme for RSE which we have chosen to share at St Ambrose is called 'A Journey in Love'. This booklet for parents and guardians outlines how the programme is organised and what is covered in each year group – from Nursery up to Year 6.

'A Journey in Love' has at its foundation a 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 for children to grow and develop healthily and as complete human beings, they must have an understanding of their gender and the implications for successful relationships, they must be at ease with themselves and grow in self-knowledge.



A different aspect of the mystery of love is explained in each year group and all 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, through a series of lessons with activities and reflections which focus on physical, social, emotional, intellectual and spiritual development.

Themes explored in each year group

NURSERY - Wonder at God's love

RECEPTION - God loves each of us in our uniqueness

YEAR 1 - We meet God's love in our family

YEAR 2 - We meet God's love in the community

YEAR 3 - How we live in love

YEAR 4 - God loves us in our differences

YEAR 5 - God loves me in my changing and development

YEAR 6 - The wonder of God's love in creating new life



How will we organise lessons for A 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.
- All children will cover the same topics.
- Lessons may include: discussions, presentations, questions or 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 (e.g. contraception) as we feel that our children are not yet emotionally mature to handle these issues. These are topics which are taught 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/families.

How can I help at home?

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



What if I feel that my child isn't ready for this programme of work?

Parents/families have the legal right to withdraw their child from any part of our school's programme for RSE – except for those elements which are required by the National Curriculum for Science. We ask that any parent/guardian who may be considering this to make an appointment with the Headteacher to discuss what such a decision may involve.

There now follows a breakdown of the learning journey that our children will undertake in RSE, starting from Nursery and ending in Year 6.

Nursery – Wonder at God's Love

Children begin to know and understand that they are part of the wonder of God's love and creation.

Key Words: God, wonder, love, creation, hands, fingers, nails, faces, noses, lips, ears, hair, features, colour, shape, size.

Physical

Children focus on their hands (e.g. size and length of fingers and nails.) They focus on each other's eyes and note the colour and shape, they look at their faces and whole body shapes, size, shape and features.



Social

Children look at their pictures and discuss how they are the same/different and that each one of them is special. They discover how many boys and girls there are in the class and divide into groups for a play activity.

Emotional

Children begin to observe and become sensitive to facial expressions. They focus on individual expressions and discover the beauty of their smile.

Intellectual

Children focus on the cause of happy and sad feelings and identify the signs of feeling happy and sad. They look at expressions in photographs.

Spiritual

Children focus on the wonders of God's world (e.g. people, animals, trees, land, seas etc.) They see their special place as part of the wonder of God's creation.

You created every part of me; and put me together in my mother's womb. (Psalm 139:13)



Reception – God loves each of us in our uniqueness

Children know and understand that God has made them all unique and that although we are all different we are all special to him.

Key Words: God, unique, different, special, eyes, hair, boy, girl, hands, fingers, name, family, love, womb, describe.

Physical

Does it matter if we are all different? How are we different?

Social

Who do I play with in school and why does he/she play with me? Explore favourite games.

Emotional

Explore how we feel about our friends at home and at school. Explore why we play with them.

Intellectual

Explore why it is important to have friends and describe a good friend.

Spiritual

To consider 'Is Jesus our friend?' To share the story from scripture 'Jesus welcomes the little children' and talk about children being special to God. Who is the mother of Jesus? Why is she special? To know that Jesus grew for nine months in Mary's womb.

*'Let the little children come to me, and do not hinder them,
for the kingdom of God belongs to such as these.'*

(Mark 10:14)



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

Children know and understand that they are growing and developing as members of their own family and

God's family.

Key Words: God, unique, friend, important, different, special.

Physical

Who is my family? How many children have babies in their families? Babies come in all sizes, some have long legs, some have hair, some without etc. Talk about how fast babies change and grow and ask at home about themselves as a baby.

Social

Invite the children to share their home research. Parents share the wonder and excitement of these moments of growth and development for them.

Emotional

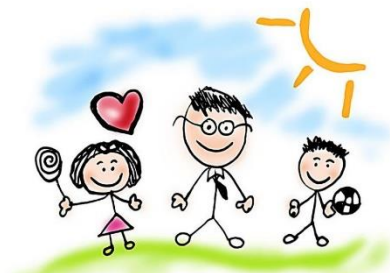
What are the happiest moments in your family? What are the saddest moments in your family? How is love shown in your family?

Intellectual

Why do we need to grow up in families? What happened if you grow up without a family? Would it be a happy experience? What would you miss? How would life be different?

Spiritual

We are members of God's family. How were we born into God's family? What special title do we give to God as members of God's family?





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

Children know and understand that they are growing and developing in a God-given community.

Key Words: God, community, belonging, family, father, mother, carer, guardian, feelings, emotions.

Physical

Do you belong to a community? What other communities do you belong to? How do you belong to these communities?

Social

Is belonging to a community important? What do we receive from the community we belong to? What do we give to the community we belong to?

Emotional

How does a community help us to develop our feelings and emotions? Are we always happy in our community? Are we, as a community, sometimes sad or upset?

Intellectual

Could people feel alone even though they belong to a community? What would they miss out on? What are the advantages of being on your own?

Spiritual

If God is called ‘Our Father’ what does that make us? As children of God, how should we treat each other?

‘Love one another, as I have loved you.’

(John 13:34)



Year 3 – How we live in love

Children know and understand the virtues essential to friendship (e.g. loyalty, responsibility) and experience the importance both of forgiving and being forgiven and of celebrating God's forgiveness.

Key Words: God, forgiveness, health, safe, exercise, relationships, community, alone, lonely, personal space.

Physical

Who takes care of me? How do I look after myself? How am I changing?

Social

How do I keep myself safe? How do I help others to make and keep friends? How do I take care of others?

Emotional

How do you feel when a friend is not there for you? How do your friends feel when you are not there for them? How can you be a more supportive friend?

Intellectual

Can you recognise the differences between being alone and being lonely? Recognise the need for personal privacy (e.g. personal space.)

Spiritual

Explore the story of Zacchaeus who was an outcast. Jesus accepted him as a friend, welcomed and forgave him. How can I forgive and include others as Jesus did? Write on a card what you like about your friend and share this. Take the card home and keep it in a special place.

'Do to others as you would have them do to you.'

(Luke 6:31)

Year 4 – God loves us in our differences

Children know and understand that they are all different and celebrate these differences as they appreciate that God's love accepts us as we are and as we change.

Key Words: God, gifts, talents, difference, development, change, male and female body parts, conflict, appreciate, celebrate, achievement.



Physical

Continue to recognise that all pupils grow and develop at a different rate. Name the different male and female body parts and introduce their various functions. Identify the development of the baby in the womb.

Social

How do I learn to accept and celebrate who I am? How do I accept difference in others? How do I deal with difference and manage the conflicts that arise?

Emotional

How do I appreciate my own gifts, talents, achievements and all that makes me unique? How do I appreciate others and the gifts they have been given? How do I deal with the natural, negative emotions that present themselves?

Intellectual

Can I identify and name my feelings? Do I understand what these feelings are? How do I deal with what I feel and can I analyse my feelings and actions?

Spiritual

St Paul's teaching on love...

'Love is patient and kind; it is not jealous or conceited or proud.

Love is not ill-mannered or selfish or irritable.

Love does not keep a record of wrongs.

Love is not happy with evil but is happy with the truth.

Love never gives up and its faith, hope and patience never fail.'

(1 Corinthians 13:4-7)

Year 5 – God loves me in my changing and development

Children become aware of the physical and emotional changes that accompany puberty (sensitivity, mood swings, anger, boredom etc.) and grow further in their understanding of God's presence in their daily lives.

Key Words: God, sensitivity, puberty, presence, celebrate, external, internal, change, develop, ovulation, reproduction, production, hormones, menstruation.

Physical & Intellectual

Identify and celebrate the ways I have changed since birth. Discuss the external and internal changes which happen to boys and girls in puberty.

Girls: breasts develop, hips broaden, waist slims, ovaries produce oestrogen, hormonal activity, menstruation, growth of hair etc.

Boys: production of testosterone, muscles develop, voice deepens, waist thickens, longer limbs, erections, penis and scrotum enlarge, growth of hair, production of sperm, Adam's apple enlarges etc.

Recognise that sexual development is a natural part of human growth and that physical changes from child to adult means the ability and potential to become a mother or father.

Social & Emotional

Recognise behaviour changes as we grow up. Expectations are different and are often dependent on our experiences and treatment by others and our view of the world in which we live. Reflect on the ways to become more sensitive to the emotional development of oneself and others.



Spiritual

Ask children to share their understanding of change through poetry/prayer/art etc. Share with each other and celebrate the wonder of change.

Year 6 – The wonder of God's love in creating life

Children develop in an appropriate way for their age, an understanding of sexuality and grow further in their appreciation of their dignity and worth as children of God.

Key Words: God, Christian, appropriate, dignity, sexuality, intercourse, fallopian tube, conceive, relationship, uterus, cervix, marriage, fiancé, fiancée, sperm duct, bladder, prostate gland, penis, testicle, ovary, uterus, vagina.

Physical

Explain how human life is conceived. Look at the illustrations of the organs of the human body, including male and female reproductive organs. Understand how a child grows within the mother's womb.

Social

Recognise and compile a list of the signs of love expressed in those around us (e.g. signs of love between those who care for us.) Reflect on the different degrees of friendship that exist (e.g. school friends, close school friends, best friends, mixed gender friends, life-long friends.)

Emotional

Relationships develop and eventually you may be able to use the word love. This has to be explained: real love reveals itself in complete commitment.

Often we use the word love too casually, the claim to love someone is a momentous one. Without love, relationships will fail because living with another human being means that they will find out exactly what you are like; what kind of person you are. It comes back to the kind of person you are, and what qualities you bring to that relationship.



Spiritual

Understand that God causes new life to begin through the love that parents have for each other. Celebrate God's creative love in creating us as his children and recognise that we grow as human beings to the extent we give and receive love. The on-going understanding of marriage is living out love. As Christians we can appreciate the sheer wonder of the sexual act. God created the incredible natural process by which husband and wife bring new life into the world. The church celebrates all this in the Sacrament of Marriage.

*We praise and thank you, Lord, for gifts of life and love.
Help us to use these wisely as we continue to journey in love.*

