

St. Margaret Mary's Catholic Junior School
Pilch Lane
Liverpool
L14 0JG



Relationships and Sex Education:

A Journey in Love

A Guide for Parents and Carers

Mission Statement:

Loving, learning, growing together with Jesus

Aims of Relationship and Sex Education (RSE)

- To encourage pupils' growth in self-respect, enabling them to acknowledge that 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 listening, talking and thinking about relationships and feelings.
- To help pupils acquire the skills necessary to develop and sustain relationships.
- To offer the pupils a sex education in the wider context of relationships.
- To ensure that pupils protect themselves and ask for help and support when and if needed.
- To ensure that pupils are prepared for puberty.
- To help pupils to develop a healthier and 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.

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

Loving, learning, growing together with Jesus

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 and guiding parents in their most important role.

At the heart of our mission as a school, and at the heart of our Relationships and Sex 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.

The programme for Relationships and Sex Education which we have chosen to use at St Margaret Mary's is called 'A Journey in Love'. This booklet gives parents and carers an outline of how the programme is organised and what is covered in each year group.

Themes explored in each year group:

Year Three: How we live in love

Year Four: God loves us in our differences

Year Five: God loves me in my changing and development

Year Six: The wonder of God's love in creating new life

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, observing, relating, speaking, respecting, praying, reflecting, understanding, describing, articulating, 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, courtesy, 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.

Aim: 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, fallopian, conceive, relationship, uterus, cervix, fiancé, fiancée, penis, testicle, scrotum, ovary, uterus, vagina

Key skills: categorising, observing, classifying, listening, questioning, speaking, relating, respecting, reflecting, thinking, identifying, accepting, empathising, understanding, communicating, presenting, evaluating, researching

How will we organise lessons for Journey in Love?

- Before the children are introduced to the programme, the children are reminded that we expect positive behaviour in each lesson,
- 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, written work, homework

What if a child asks a difficult question?

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