



St John's Catholic Primary School

Relationship and Sex Education

We understand and appreciate that our children are growing up in an ever-changing and increasingly complex world and at St. John's Catholic Primary School we believe that along with Parents as the first educators we need to ensure that the children are prepared for the wider world by equipping them with the tools that they will need in order to be safe and healthy, to be able to build positive relationships and to understand how to manage their personal and social lives in a meaningful way.

We are tasked with educating young people and children about healthy loving relationships. We understand that any teaching about love and sexual relationships in a Catholic school must be rooted in the Catholic Church's teaching about what it is to be truly human in Christ, what it means to live well in relationship with others and be presented within a positive framework of Christian virtue.

We have worked hard to ensure that RSHE is an embedded part of our broad and balanced curriculum along with linking closely with safeguarding, Religious Education, SMSC and British Values. Our intent through our delivery of RSHE is to ensure that our children understand that they are made in the image and likeness of God, through this understanding they will be at ease with themselves and deepen their self-knowledge of how to grow and flourish healthily and holistically towards developing successful relationships.

Our RSHE curriculum promotes strong links and connections with Catholic teaching and gospel values, and we have sought to ensure that this is accessible to all. We want our children to become happy, healthy and responsible members of society who understand the necessary components to develop healthy and successful relationships within their own lives. They are actively encouraged to develop a positive sense of self-esteem and to have a healthy respect and love for their own bodies and minds.

The Governors of St. John's have adopted the 'Journey in Love' programme to support the teaching of Relationships, Sex and Health Education (RSHE) throughout the school. The programme of study is authentic to the teaching of the Catholic Church.

Aims of RSE at St John's:

- To encourage pupils' growth in self respect, acknowledging we are all created in the likeness of God.
- To help pupils understand that love is the central basis of relationships.
- To help pupils 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.

What is taught in each Year Group

<u>Reception:</u> God loves each of us in our uniqueness	<u>Year One:</u> We meet God's love in our family	<u>Year Two:</u> We meet God's love in the community	<u>Year Three:</u> How we live in love
<u>Year Four:</u> God loves us in our differences	<u>Year Five:</u> God loves me in my changing and development	<u>Year Six:</u> The wonder of God's love in creating new life	

EYFS and Key Stage One

<u>Reception</u> Children are taught that they are all unique - and all are special to God. <i>Key Words: Unique, Different, Special, Name, Family, Love, Womb.</i>	<u>Year One</u> Children are taught that they are growing and developing as members of their family and God's family. <i>Key Words: Unique, Friend, God, Important, Different, Special.</i>	<u>Year Two</u> Children are taught that they are growing and developing in a community. <i>Key Words: God, Community, Belonging, Father, Mother, Carer, Feelings, Emotions.</i>
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Lower Key Stage Two

<u>Year Three</u> Children are taught the virtues essential to friendship, e.g. loyalty, responsibility.....and experience the importance both of forgiving and being forgiven. <i>Key Words: care, friendship, forgiveness, health, responsibility, change.</i>	<u>Year Four</u> Children will be taught that they are all different. They will celebrate these differences as they appreciate that God's love accepts us as we are and as we change. <i>Key Words: Gifts, Talents, Difference, Development, Change, Penis, Vagina, Womb, Appreciate, Celebrate, Achievement.</i> In Year Four children see an illustrated diagram of how a baby grows in the womb.
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Upper Key Stage Two

<u>Year Five</u> Children will be taught about the physical and emotional changes that accompany puberty - sensitivity, mood swings, anger, etc. and grow further in their understanding of God's presence in their lives <i>Key Words: God, Sensitivity, Puberty, External, Internal, Change, Develop, Ovulation.</i>	<u>Year Six</u> 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. <i>Key Words: God, Appropriate, Dignity, Sexuality, Intercourse, Fallopian, Uterus, Penis, Testicle, Sperm, Vagina, Conceive, Relationship, Uterus, Marriage, Partnership, Relationship, Love.</i>
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You have the right to withdraw your child from certain aspects of the curriculum.
Please see our RSHE policy for more details.