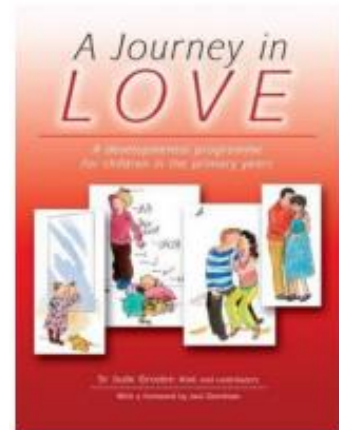


## **Relationships and Sex Education - 'A Journey in Love'**

The programme is made up of 3 strands: Social and Emotional, Spiritual and Physical.

Each area is broken down into: Activities, Pause & Reflect and Prayer.

Catholic schools must deliver RSE in accordance with the teachings of the Catholic Church as well as following the guidance of the DfE.



The programme teaches that:

- The journey begins at the moment of our conception - God is at the heart of love.
- Puberty can be an extremely confusing time for children, our message will be that even in this confusion, God is there.

**Nursery** - Children focus on their hands e.g. size, length of fingers, 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.

**Reception** - Does it matter if we are all different? How are we different?

**Year 1** - Who is in my family? E.g. mother, father, brothers, sisters, grandparents etc. How many children have babies in their families? Babies come in all sizes, some have long legs, some have hair, some without etc.

**Year 2** - Do you belong to a community? E.g. school, Parish, a club etc. What other community do you belong to? How do you belong to these communities?

**Year 3** - Who takes care of me? How do I look after myself? E.g. safety, crossing the road, healthy eating etc. How am I changing?

**Year 4** - 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.

**Year 5** - Identify and celebrate the ways I have changed since birth. Discuss the external and internal changes which happen to boys and girls in puberty. 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.

**Year 6** - Explanation of how human life is conceived. Illustrations of the organs of the human body, including male and female reproductive organs. Understand how a child grows within the mother's womb.

How can you help at home? - By talking with your child at home, by listening to any concerns and finally by reassuring your child that you are there if they need to talk about anything at all.

If you have any questions, please speak to your child's class teacher.