

**Our Lady of Perpetual Succour  
Catholic Primary School**

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**Relationships, Sex and Health Education**

**A Journey in Love**

**A Guide for Parents and Carers**



*We learn to love everyone as Jesus loves us.*

The governors at Our Lady of Perpetual Succour Catholic Primary School have adopted the 'A Journey in Love' programme as recommended by Liverpool Archdiocese.

'A Journey in Love' is a Relationships, Sex and Health Education developmental programme for children in primary schools. This programme highlights the many aspects of human relationships and focuses on the physical, social, emotional, intellectual and spiritual development of each individual. It is grounded in the belief that we are all made in the image and likeness of God and supports the Catholic teachings of our school.

At Our Lady's:

*We learn...*

*We learn to love...*

*We learn to love everyone...*

*We learn to love everyone to love everyone as Jesus loves us.*

Our Mission Statement commits us to the education of the whole child (spiritual, physical, intellectual, moral, social, cultural and emotional) and we believe that RSHE is an integral part of this education. Furthermore, our school aims, state that we will endeavour to raise pupils' self-esteem, help them to grow in knowledge and understanding, recognise the value of all persons and develop caring and sensitive attitudes. It is in this context that we commit ourselves:

In partnership with parents, to provide children and young people with a "positive and prudent sexual education" which is compatible with their physical, cognitive, psychological, and spiritual maturity, and rooted in a Catholic vision of education and the human person.

#### Aims of Relationship, Sex and Health Education (RSHE) at Our Lady's school

- 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 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 to 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.

The programme for Relationships, Sex and Health Education which we have chosen to share at Our Lady's 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. 'A Journey in Love' programme is organised through progressive and developmental tasks, activities and reflections. The programme focuses on the social, emotional, physical and spiritual development of the child through their primary years.



### Themes explored in each year group.

#### Reception: The Wonder of being special and unique

**Aim:** To explore the wonder of being special and unique. Children begin to know and understand that they are part of the wonder of God's love and creation.

**Spiritual:** To celebrate the joy of being a special person in God's family.

**Social and emotional:** To recognise being a special person in my family.

**Physical:** To recognise that we are all different and unique.

**Key words:** *God, wonder, love, hands, fingers, nails, faces, noses, lips, ears, hair, features, colour, shape, size, unique, belonging, different, special womb, describe, friends, generous, worried, Baptism.*

#### 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.

**Spiritual:** To celebrate ways that God loves and cares for us.

**Social and Emotional:** To recognise signs that I am loved in my family.

**Physical:** To recognise how I am cared for and kept safe in my family.

**Key words:** *unique, friend, respect, secure, God, love, care, commitment, stable, important, different, special, signs, healthy, safe, boundaries, kindness, teasing, bullying, positive, negative, wrong, unacceptable, truth, lies, head, eyes, nose, mouth, teeth, tongue, throat, neck, shoulders, arms, breasts, nipple, waist, elbows, penis, vagina, vulva, bottom, anus, legs, knees, ankles, feet, toes.*

## 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.

**Spiritual:** To celebrate ways of meeting God in our communities.

**Social and Emotional:** To recognise the joy and friendship of belonging to a diverse community.

**Physical:** To describe ways of being safe in communities.

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

## Year 3: 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.

**Spiritual:** To celebrate the joy and happiness of living in friendship with God and others.

**Social and Emotional:** To describe and give reasons how friendships make us feel happy and safe.

**Physical:** To describe and give reasons why friendships can break down, how they can be repaired and strengthened.

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

## Year 4: 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.

**Spiritual:** To celebrate the uniqueness and innate beauty of each of us

**Social and Emotional:** To describe how we all should be accepted and respected.

**Physical:** To describe how we should treat others making links with the diverse modern society we live in.

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

### Year 5: God loves us in our changing and development.

**Aim:** To 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.

**Spiritual:** To celebrate the joy of growing physically and spiritually.

**Social and Emotional:** To show knowledge and understanding of emotional relationship changes as we grow and develop.

**Physical:** To show knowledge and understanding of the physical changes in puberty.

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

### Year 6: 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.

**Spiritual:** 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.

**Social and Emotional:** To develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families.

**Physical:** To explain how human life is conceived.

**Key Words:** *God, Christian, appropriate, dignity, sexuality, intercourse, fallopian, conceive, relationship, uterus, cervix, fiancé, fiancée.*

### How will we organise lessons for Journey in Love?

The programme will be taught in a variety of ways and lessons may include discussions, presentations, questions, written work, homework. It will be taught discreetly as well as cross curricular links with other subjects such as RE through the Come and See programme, science and PSHE.

## 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
- By helping with any homework activities

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

### Parents' right to withdraw.

Parents have the right to withdraw their children from the non-statutory component of sex education in Year 6. This is where sexual intercourse is taught discretely as part of the Physical aspect within 'Journey in Love' the Archdiocesan recommended resource.

Requests for withdrawal should be made in writing and addressed to the Headteacher.

The Headteacher will discuss the request with parents and take appropriate action.

Alternative work will be given to pupils who are withdrawn from RSHE.

Parents do not have the right to withdraw their children from Statutory Relationships Education as set out in the DFE guidance 2020.

We ask that if parents feel that their child may not be quite ready for the content within the programme, they should make an appointment with the Headteacher to discuss their thoughts on the matter further.