

St Gabriel's Catholic Primary School

Relationships and Sex
Education (RSE)

❖ What is RSE?

- The place of RSE in the curriculum of a Catholic School.

❖ *A Journey in Love*

- An introduction to the programme
- Its structure and content

- RSE is the life long learning about physical, moral and emotional development.
- It is the understanding of the importance of stable and loving relationships, respect, love and care.
- It is also about the teaching of sex and sexual reproduction.

RSE at St Gabriel's

- RSE forms a part of the Science, Religious Education and PSHE Programme in school.
- Our key objective is the well-being of the child.
- Parents have the right to withdraw their children from elements of RSE education
- We believe parents are the prime educators of their children
- The school, church and family will work together; our role as a school is to support you and not to replace you
- RSE within school will be delivered using the schemes directed by the Archdiocese:
 - Journey in love (Nursery – Year 4)
 - All that I Am (Year 5 – Year 6)

A Journey in Love

The central message of the Christian faith is that of establishing loving relationships. The central message of our RSE teaching is developing healthy loving relationships.

“My commandment is this: love one another, just as I have loved you”

John 15:12

The structure of *A Journey in Love*

The programme is made up of 4 areas:

- Physical
- Social
- Emotional
- Intellectual

Each area is broken down into:

- Activities
- Pause & Reflect
- Prayer

Reception

- Children know and understand that they are unique and that although we are all different we are all special in our own way.

Examples of Reception activities:

- A graph of eye colours
- Why was I given my name?
- Who are my friends?
- I grew for 9 months in my mummy's tummy

Year 1

Children know and understand that they are growing and developing as members of their own family and God's family.

Examples of Year 1 activities:

- Draw a picture of my family
- How old was I when I learned to crawl, speak etc.
- How can I help at home?
- We are members of God's family

Year 2

- Children know and understand that they are growing and developing in a wider parish community.

Examples of Year 2 activities:

- What is community?
- Explore school as a community
- How can we contribute to the community?
- As children of God, how should we help each other?

Year 3

- 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.

Examples of Year 3 activities:

- Who cares for me at home, school, parish, community?
- How do you keep safe?
- How do you take care of others?
- How do you feel if a friend is not there for you or you are not there for them?
- How can I forgive and include others as Jesus did?

Year 4

- Children know and understand that they are all different and celebrate these differences as we grow and change.

Examples of Year 4 activities:

- Recognise all pupils grow and develop at a different rate
- Name male and female body parts
- Identify the development of the baby in the womb
- How do I appreciate my own and others gifts, talents, achievements and all that makes us unique

The structure of *All that I am*

The programme is made up of 4 areas:

- Physical
- Social
- Emotional
- Intellectual

Each area is broken down into:

- Video clip.
- Teaching input.
- Church teaching.
- Working in pairs.
- Working as a class.
- Working as an individual.
- Reflection and prayer.
- Homework to work with parent/guardian

Year 5

- The unique person (also male and female reproductive organs).
- The physical and emotional changes as we grow and become older.
- To have respect for themselves and each other.
- Physical changes boys and girls go through.
- Puberty and menstruation (periods)
- Personal responsibility and dignity.
- Personal hygiene.
- How to cope in different social settings.
- How are emotions can affect our behaviour.
- Recognise their feelings and the behaviour of others.
- How to manage feelings.
- Knowing when keeping secrets is safe and not.

Year 6

- Recap on Year 5 for puberty in girls and a look at boys puberty.
- Looking at developing self confidence and social skills.
- Making informed and healthy, safe choices.

Examples of Year 6 activities:

- Explain how human life is conceived
- Male and female reproductive organs
- Human reproduction.
- How a child grows within the mother's womb
- How we often use the word love too casually.
- Develop self respect and dignity for themselves and each other.
- Develop strategies to say 'No'.