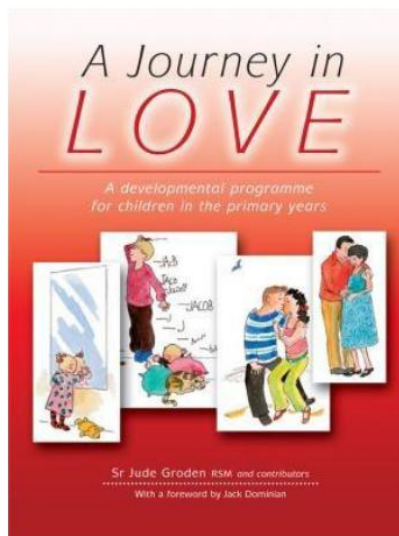




St. Joseph's Catholic Primary School
Worcester
'following Jesus in all we do'

Relationships and Sex Education A guide for parents and carers



Year 5 & 6

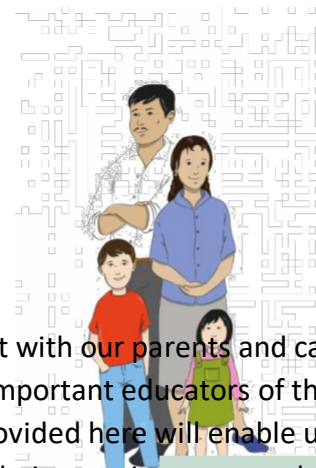
Aims of Relationship and Sex Education (RSE)

- 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 of God.



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 parents in their most important role.



Love...



At the heart of Christian faith is love: St. John says that God is love (1 John 4:9) and the whole purpose of Christianity is to live it as fully as possible in and through love. This means that we have to link every aspect of our being, from birth to death, with love.

Love starts to enter our life from the moment of birth when we are held tenderly in the arms of our mother and developed throughout our first intimate relationship of childhood with our parents, family members, friends and teachers.

At puberty, sexual characteristics develop and we begin to seek someone outside of the family with whom we can grow in love, usually ending in marriage.

The whole purpose of education at home and in our primary school is to connect every aspect of growth, physical, emotional, intellectual and social with love. The ultimate goal is to enable adults to fully love themselves (to accept themselves positively) and in turn love their neighbour (making themselves fully available to others).

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 share at St Joseph'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 has at its foundation the belief that we are made in the image and likeness of God, and as a consequence, gender and sexuality are God's gift, reflect God's beauty and share in the divine creativity.

In order that children may grow and develop healthily and as complete human beings, they must have an understanding of their gender and the implications for successful relationships, they must be at ease with themselves and grow in self-knowledge.

A different aspect of the mystery of love is explored in each year group and all are encouraged to marvel at the wonder and beauty of God's creative love. This is reflected in each stage of a person's growth, through a series of lessons with activities and reflections which focus on physical, social, emotional, intellectual and spiritual development. Themes explored in each year group;

Year Five God loves me in my changing and development

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



How will we organise lessons for Journey in Love?

- before the programme begins ground rules are set with the children regarding the kind of positive behaviour expected of every child,
- all children and teachers treat each other with respect, all questions and answers are listened to in a sensitive and sensible manner,
- any child who is silly, or disruptive and who deliberately attempts to embarrass or hurt another member of the group will be asked to leave,
- some lessons may be taught in single sex groups as appropriate,
- all children will cover the same topics,

What if a child asks a difficult question?

There are specific areas that we feel should not be discussed within the context of our school lessons as we feel that our children are not yet emotionally mature to handle these issues. These are all topics which are dealt with at secondary school.

If a child does ask a question outside the scope of our programme it will be dealt with in a sensitive and caring manner. Teachers will contact parents if it is deemed necessary.

How can I help?

- by talking with your child at home,
- by listening to any concerns,
- by reassuring your child that you are there if they need to talk about anything at all.

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

We ask that if parents feel that their child may not be quite ready for the content within the programme, they have the right to request that their child be withdrawn from these lessons. Please email your class teacher with any concerns.

Year Five – God loves me in my changing and development

Children become aware of the physical and emotional changes that accompany puberty – sensitivity, mood swings, anger, boredom, etc. and grow further in their understanding of God's presence in their daily lives.

Key words: God, sensitivity, puberty, presence, celebrate, external, internal, change, develop, ovulation, reproduction, production, hormones, menstruation

Physical and intellectual

Identify and celebrate the ways I have changed since birth

Discuss the external and internal changes which happen to boys and girls in puberty.

Girls: breasts develop, hips broaden, waist slims, ovaries produce oestrogen, hormonal activity, menstruation, growth of hair etc.

Boys: production of testosterone, muscles develop, voice deepens, waist thickens, longer limbs, wet dreams and erections, penis and scrotum enlarge, growth of hair, production of sperm, adam's apple enlarges etc.

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.

Social and Emotional

Recognise behaviour changes as we grow up. Expectations are different and are often dependent on our experiences, and treatment by others, and our view of the world in which we live. Reflect on the ways to become more sensitive to the emotional development of oneself and others.

Spiritual

Ask children to share their understanding of change through poetry, prayer, art etc. Share with each other and

celebrate the wonder of change.

Year Six – The wonder of God’s love in creating new life

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.

Key Words: God, Christian, appropriate, dignity, sexuality, intercourse, fallopian, conceive, relationship, uterus, cervix, marriage, fiancé, fiancée, sperm duct, bladder, prostate gland, penis, testicle, ovary, uterus, vagina,

Physical

Explain how human life is conceived

Look at the illustrations of the organs of the human body, including male and female reproductive organs.

Understand how a child grows within the mother’s womb.

Emotional

Relationships develop and eventually you may be able to use the word love. This has to be explained: real love reveals itself in complete commitment. Often, we use the word love too casually, the claim to love someone is a momentous one.

Without love, relationships will fail because living with another human being means that they will find out exactly what you are like; what kind of person you are.

It comes back to the kind of person you are, and what qualities you bring to that relationship.

Social

Recognise and compile a list of the signs of love expressed in those around us. E.g. signs of love between those who care for us

Reflect on the different degrees of friendship that exist e.g. school friends, close school friends, best friends, mixed gender friends, life-long friends.

Spiritual

Understand that God causes new life to begin through the love that parents have for each other. Celebrate God’s creative love in creating us as his children and recognise that we grow as human beings to the extent we give and receive love. The on-going understanding of marriage is living out love.

As Christians we can appreciate the sheer wonder of the sexual act. God created the incredible natural process by which husband and wife bring new life into the world. The church celebrates all this in the Sacrament of Marriage.