

St. Peter's Catholic Primary School

Relationship and Sex Education:

A Journey in Love

A Guide for Parents and Carers

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, 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

Our Mission Statement places these aims and beliefs at the Centre of all we hope to achieve...

At St. Peter's we:

'Live and learn as friends of Jesus'

With this mission in mind, we share this booklet with you. We recognise parents as the first and foremost 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.

At the heart of our Relationships and Sex Education is love.

God is love (1 John 4:9), and through our love for others, we link ourselves with God the Father, through Jesus Christ His Son, and through the Holy Spirit.

The programme for RSE we have chosen to use at St Peter's: as directed by the Diocese 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.

Themes explored in each year group:

Reception: God loves each of us in our uniqueness

Year 1: We meet God's love in our family

Year 2: We meet God's love in the community

Year 3: How we live in love

Year 4: God loves us in our differences

Year 5: God loves me in my changing and development

Year 6: The wonder of God's love in creating new life

How will we organise lessons for A 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
- Children may be taught in small groups for some elements of the programme
- All children will cover the same topics
- Lessons may include discussions, presentations, questions, written work, homework
- Lessons will take place in the summer term and parents will be informed by letter of what will be covered each week

What if a child has a difficult question?

There are specific areas that we feel should not be discussed within the context of our school lessons e.g. contraception, as we feel that our children are not yet emotionally mature to handle these issues. These are all topics that 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. We would ask the child concerned to discuss the issue with their parents.

How can I 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 for them if they need to talk about anything
- By helping with homework activities

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 should make an appointment with the Head teacher to discuss their thoughts on the matter.