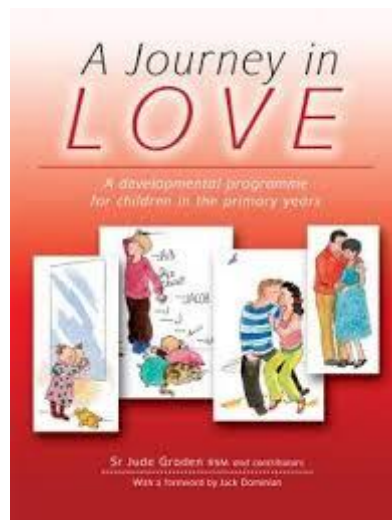




All Saints

Catholic Primary School, Anfield

Relationships and Sex Education A Guide for Parents and Carers



Spring 2025

The Purpose of Relationship and Sex Education (RSE):

- To support children in growing self-respect, recognizing that everyone is created in God's image.
- To help children understand that love is the foundation of all relationships.
- To teach children about the nature of relationships, encouraging them to think about their own connections and respect differences between people.
- To build children's confidence in talking about feelings and relationships, and listening to others.
- To equip children with the skills needed to form and maintain healthy relationships.
- To provide sex education within the wider context of relationships.
- To make sure children know how to protect themselves and when to ask for help.
- To prepare children for the changes that come with puberty.
- To guide children in developing a healthy and safe lifestyle.
- To help children understand their role as active citizens and the Catholic perspective of being part of God's Kingdom.

The Relationships and Sex Education (RSE) programme we use at All Saints is called 'A Journey in Love.' This programme has been endorsed by the Liverpool Archdiocese and we have created this booklet for parents and carers to explain how the programme works and what each year group covers.

As a school, we are sharing this booklet with parents and carers because we believe that parents are the first and most important educators of their children. Our goal is to provide helpful information that allows us to work together in supporting parents in their key role.

At the heart of the Christian faith is love. As St. John says, 'God is love' (1 John 4:9), and the purpose of Christianity is to live out love in everything we do. This means that love should be part of every stage of our lives, from birth to death. We first experience love when we are born and held in our mother's arms, and it grows through the special relationships we have with our parents, family, friends, and teachers. As we grow older, especially during puberty, we begin to form relationships outside our families, often leading to marriage.

We believe that the purpose of education—both at home and at school—is to connect all aspects of a child's growth—physical, emotional, intellectual, and social—with love. We aim to help children learn to love and accept themselves and to love others as well.

A Journey in Love is built on the belief that we are created in the image and likeness of God. Because of this, our gender and sexuality are gifts from God that reflect His beauty and creativity. For children to grow into healthy, well-rounded individuals, it is important that they understand their gender and how it relates to building successful relationships. They need to feel comfortable with who they are and develop self-awareness.

Each year group in the programme explores a different aspect of love, helping children appreciate the wonder and beauty of God's creative love. This is reflected in the lessons, which focus on physical, social, emotional, intellectual, and spiritual growth, through activities and reflections designed to support their development at each stage.

Themes explored in each year group...

Nursery - Wonder at God's Love

Reception - God loves each of us in our uniqueness

Year One - We meet God's love in our family

Year Two - We meet God's love in the community

Year Three - How we live in love

Year Four - God loves us in our differences

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 *A Journey in Love*?

- Before the programme starts, we will set clear ground rules with the children about the positive behaviour expected from everyone.
- All children and teachers will treat each other with respect. Any questions and answers will be handled in a sensitive and thoughtful way.
- If any child behaves inappropriately, acts disruptively, or tries to embarrass or hurt another child, they will be asked to leave the session.
- Some parts of the programme may be taught in small groups.

- At times, lessons may be taught in single-sex groups, when appropriate.
- All children will learn about the same topics.
- Lessons will include a variety of activities such as discussions, presentations, questions, written work, and homework.

What if a Child Asks a Difficult Question?

There are certain topics (eg. Contraception) that we feel are not appropriate for discussion within our primary school lessons, as we believe our children are not yet emotionally ready to handle these subjects. These topics are addressed in secondary school.

If a child asks a question that falls outside the scope of the programme, we will respond in a sensitive and caring way. We will encourage the child to talk to their parents about the issue to ensure the discussion is handled appropriately at home.

How Can I Help at Home?

- By talking with your child at home about what they're learning.
- By listening to any concerns they may have.
- By reassuring your child that you're always there if they need to talk about anything.

What if I Don't Feel My Child Is Ready for This Programme?

If you feel that your child may not be ready for the content of the programme, we encourage you to arrange a meeting with the Headteacher or the RE Lead to discuss your concerns.

Nursery – Wonder at God’s Love

Children begin to understand that they are part of God’s love and creation.

Key Words: God, wonder, love, creation, hands, fingers, nails, faces, noses, lips, ears, hair, features, colour, shape, size.

Physical: Children will explore their hands, focusing on the size, length of fingers, and nails. They will also observe each other’s eyes, noting their colour and shape, as well as the shapes, sizes, and features of their faces and bodies.

Social: Children will look at pictures of themselves and talk about how they are alike and different, learning that each person is special. They will also explore the number of boys and girls in the class and divide into groups for a play activity.

Emotional: Children will begin to notice and understand facial expressions, focusing on different expressions and discovering the beauty of each person’s smile.

Intellectual: Children will learn about the causes of happy and sad feelings, identifying signs of these emotions. They will look at photographs to observe different expressions.

Spiritual: Children will focus on the wonders of God’s world, such as people, animals, trees, land, and seas. They will see themselves as a special part of God’s creation.

Scripture Shared: "You created every part of me; And put me together in my mother’s womb." – Psalm 139:13.

Reception – God Loves Each of Us in Our Uniqueness

Children will learn that God has made them unique, and that while we are all different, we are all special to Him.

Key Words: God, unique, different, special, eyes, hair, boy/girl, hands, fingers, name, family, love, womb, describe.

Physical: Children will explore how we are all different and learn about the unique features that make each person special.

Social: Children will discuss who they play with at school and explore why they enjoy playing together. They will also explore their favourite games.

Emotional: Children will reflect on how they feel about their friends at home and at school and explore why they like playing with them.

Intellectual: Children will explore why having friends is important and describe what makes a good friend.

Spiritual: Children will consider whether Jesus is their friend. They will hear the story from Scripture, "Jesus welcomes the little children," and talk about how children are special to God. They will also learn about Mary, the Mother of Jesus, and why she is special. Children will understand that Jesus grew in Mary's womb for nine months.

Year One – We Meet God’s Love in Our Family

Children will learn that they are growing and developing as members of both their own family and God’s family.

Key Words: Unique, friend, God, important, different, special.

Physical: Children will discuss who is in their family (e.g., mother, father, siblings, grandparents, etc.). They will also explore how babies come in all sizes and appearances, and how they grow and change quickly. Children will be encouraged to ask their parents about what they were like as babies.

Social: Children will be invited to share their family research with the class. Parents will have the opportunity to share the excitement and special moments of growth and development in their children’s lives.

Emotional: Children will explore the happiest moments in their family (e.g., birthdays, christenings, weddings) and the saddest moments (e.g., the loss of pets, moving away). They will also discuss how love is shown in their family.

Intellectual: Children will think about why it’s important to grow up in a family. They will explore the idea of growing up without a family and reflect on what might be missing and how life would be different.

Spiritual: Children will learn that they are members of God’s family. They will explore how they were born into God’s family and discuss the special titles we give to God as members of His family, such as Our Father, Jesus our Brother, and the Holy Spirit, our friend and guide.

Year Two – We Meet God’s Love in the Community

Children will learn that they are growing and developing within a community that is given to them by God.

Key Words: God, community, belonging, family, father/mother, carer/guardian, feelings, emotions.

Physical: Children will discuss what it means to belong to a community (e.g., school, parish, a club). They will think about the different communities they belong to and how they connect to these groups.

Social: Children will explore the importance of belonging to a community. They will consider what they receive from the communities they belong to and what they can contribute to these communities.

Emotional: Children will reflect on how being part of a community helps them develop their feelings and emotions. They will explore whether everyone is always happy in a community and discuss times when a community might feel sad or upset.

Intellectual: Children will think about whether people can still feel alone, even if they belong to a community. They will reflect on what might be missing if someone feels isolated and explore the advantages of being on their own.

Spiritual: Children will discuss what it means to be children of God if God is called ‘Our Father.’ They will reflect on how, as children of God, we should treat one another with kindness and respect.

Year Three – How We Live in Love

Children will learn about the virtues that are essential to friendship, such as loyalty and responsibility, and will experience the importance of both forgiving and being forgiven, as well as celebrating God's forgiveness.

Key Words: God, forgiveness, health, safety, exercise, relationships, community, alone, lonely, personal space.

Physical: Children will reflect on who takes care of them and how they look after themselves (e.g., staying safe, crossing the road, eating healthy). They will also think about how they are changing as they grow.

Social: Children will explore how to keep themselves safe and how to help others make and keep friends. They will also discuss how to take care of others and be a good friend.

Emotional: Children will reflect on how they feel when a friend isn't there for them and how their friends might feel when they aren't there for them. They will discuss ways to be a more supportive friend.

Intellectual: Children will learn to recognise the difference between being alone and feeling lonely. They will also understand the importance of personal privacy and respecting personal space.

Spiritual: Children will explore the story of Zacchaeus, an outcast whom Jesus accepted as a friend, welcomed, and forgave.

Year Four – God Loves Us in Our Differences

Children will learn that everyone is different and celebrate these differences, understanding that God’s love accepts us as we are and as we change.

Key Words: God, gifts, talents, difference, development, change, male and female body parts, conflict, appreciate, celebrate, achievement.

Physical: Children will continue to recognise that everyone grows and develops at different rates. They will learn to name the different male and female body parts and understand their functions. They will also learn about the development of a baby in the womb.

Social: Children will explore how to accept and celebrate who they are, as well as how to accept and appreciate differences in others. They will discuss how to handle conflict and manage differences in a positive way.

Emotional: Children will reflect on how to appreciate their own gifts, talents, achievements, and uniqueness. They will also think about how to appreciate others' gifts and talents. They will learn how to manage natural negative emotions and how to deal with them in healthy ways.

Intellectual: Children will learn how to identify and name their feelings, understanding what those feelings mean. They will reflect on how to deal with their emotions and analyze their feelings and actions.

Spiritual: Children will explore St. Paul’s teaching on love from 1 Corinthians 13:4-7:

“Love is patient and kind; it is not jealous or conceited or proud;

Love is not ill-mannered or selfish or irritable;

Love does not keep a record of wrongs;

Love is not happy with evil, but is happy with the truth.

Love never gives up: and its faith, hope and patience never fail.”

Year Five – God Loves Me in My Changing and Development

Children will become aware of the physical and emotional changes that come with puberty, such as sensitivity, mood swings, anger, and boredom. They will continue to grow in their understanding of God's presence in their daily lives.

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

Physical and Intellectual:

Children will discuss how they have changed since birth and celebrate these changes. They will learn about the external and internal changes that occur during puberty in boys and girls.

- **Girls:** They will learn about the development of breasts, the broadening of hips, the slimming of the waist, the production of estrogen by ovaries, hormonal changes, menstruation, and the growth of body hair.
- **Boys:** They will learn about the production of testosterone, muscle development, deepening voice, thickening waist, growth of limbs, erections, wet dreams, the enlargement of the penis and scrotum, growth of hair, and the enlargement of the Adam's apple.

Children will understand that sexual development is a natural part of human growth and that physical changes from childhood to adulthood bring the ability to become a mother or father.

Social and Emotional:

Children will reflect on how their behaviour changes as they grow up. They will understand that expectations vary and are influenced by experiences, how they are treated by others, and the world around them. They will also learn how to be more sensitive to their own emotional development as well as that of others.

Spiritual:

Children will be invited to share their understanding of change through poetry, prayer, art, and other forms of expression. They will celebrate the wonder of change together, acknowledging God's presence in their growth.

Year Six – The Wonder of God’s Love in Creating New Life

Children will develop an understanding of sexuality in an age-appropriate way, growing 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:

Children will learn how human life is conceived and will explore illustrations of the human body, including the male and female reproductive organs. They will understand how a child grows within the mother’s womb.

Emotional:

Children will explore the meaning of love in relationships. They will learn that true love is shown through complete commitment, and that claiming to love someone is a serious and meaningful declaration. Without love, relationships cannot thrive, as living with another person means showing the true person you are. Children will reflect on the qualities they bring to their relationships.

Social:

Children will recognize and list signs of love shown by those who care for them. They will reflect on the different levels of friendship (e.g., school friends, close friends, best friends, mixed-gender friends, lifelong friends) and understand that relationships evolve with time.

Spiritual:

Children will understand that God creates new life through the love that parents have for each other. They will celebrate God’s creative love in making us His children and recognize that we grow as human beings through giving and receiving love. Children will also learn that the understanding of marriage is about living out love.

As Christians, we can appreciate the wonder of the natural process through which husband and wife bring new life into the world. The Church celebrates this in the Sacrament of Marriage.