

# Relationships and Sex Education

Journey in Love:

We use the scheme Journey In Love to teach RSE. Each Year group has its own focus and aims. Journey in Love is a recommended resource for the teaching of Relationship and Sex Education because it is compiled specifically to present a Catholic Vision

The programme presents Church teaching which is what is expected in Catholic schools. The compilers and all those using this are sensitive to the fact that not all children are from the same background or family setting.

When will RSE teaching take place and by whom?

The class teachers will each teach the RSE content in the summer Term. In year 5 and 6 there will be times when the boys and girls will be taught separately so they have a safe space to talk about the changes that may be affecting them and ask the questions that are important to them.

The resources below were made available for parents and families to view in term 3 and term 4 at parents meetings. We also held a drop in session in April to give an opportunity to view the content for all year groups and

# Aim

To explore the wonder of being special and unique



|         |          |           |
|---------|----------|-----------|
| God     | lips     | belonging |
| wonder  | ears     | different |
| love    | hair     | special   |
| hands   | features | womb      |
| fingers | colour   | baptism   |
| faces   | shape    | describe  |
| nails   | size     | friends   |
| noses   | unique   | generous  |
|         |          | worried   |

KEY WORDS

An illustration of a hand holding a pencil, writing the words 'KEY WORDS' on a yellow notepad.

# Questions

Why are you special to your family?

How do you know that you are special?

What do you love and enjoy about belonging to your family?

Who would you go to if you felt worried or needed help?

How does God show love to you and your family?



# Questions

Look at me – how am I different from you?

Look at you – how are you different from me?

What is it that makes us all different?

Why has God made us all different and special to Him?

How can we be friendly to others, make and keep friends, showing care and being generous when we are together?

# Questions

How do we 'celebrate' with each other?

What can we remember about happy celebrations in our families?

What church celebrations do we enjoy?

What celebrations do we enjoy and look forward to?



10. A Journey in Love  
– Early Years –



14. A Journey in Love  
– Early Years –

# Aim

To focus on families and specially growing up in a loving, secure and stable home.



|            |              |            |       |
|------------|--------------|------------|-------|
| unique     | stable       | boundaries |       |
| friend     | important    | kindness   |       |
| respect    | different    | teasing    |       |
| secure     | special      | bullying   | truth |
| God        | signs        | positive   | lies  |
| love       | healthy      | negative   |       |
| care       | safe         | wrong      |       |
| commitment | unacceptable |            |       |

KEY WORDS

Key words continued... →

|        |           |        |
|--------|-----------|--------|
| head   | shoulders | penis  |
| eyes   | arms      | bottom |
| nose   | breasts   | anus   |
| mouth  | nipple    | legs   |
| teeth  | waist     | knees  |
| tongue | elbows    | ankles |
| throat | vagina    | feet   |
| neck   | vulva     | toes   |

KEY WORDS

## Questions [2]

How does saying 'thank you' show love for each other?

How does saying 'sorry' show respect, build bridges, keep us safe and help us to build a happy family and mend broken friendships?

Why is teasing and bullying wrong and unacceptable within families and friendships?

Why should we always tell the truth?

## Questions

Who is in my family?

How do families show love and care for one another ?

What are some of the characteristics of a happy family?

How do we act with adults that are not in our family or those we do not know?

In what ways are we made in the image and likeness of God?

How does your family help you to keep healthy?  
Include physical, mental and spiritual health.  
Include taking care not to spread diseases e.g. washing hands, coughs and sneezing etc.

## Questions

What ways have we grown in love and security in our families?

How have we shown love to our families this year?

How do we know that we are loved and cared for by God?

In the story of the *Lost Sheep* how does God show he loves and cares for each and all of us, in our families and school community?

How shall we thank God for his unconditional love?

## Questions

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How do families show love and care for one another ?

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How do we act with adults that are not in our family or those we do not know?

In what ways are we made in the image and likeness of God?

How does your family help you to keep healthy?  
Include physical, mental and spiritual health.  
Include taking care not to spread diseases e.g. washing hands, coughs and sneezing etc.



## Questions [1]

How is love shown in your family?

Why are the words 'please', 'thank you', and 'sorry' important to create a happy family?

How does saying 'please' show care and consideration for members of your family?



Questions Continued on next page >>>





# Aim

To describe how we are growing and developing in diverse communities that are God-given.



community belonging secrets

local family recognise

global diverse emotions

impact father friendships

responsibility mother relationships

harm carer stereotypes

improve guardian respect

God-given feelings equal

KEY WORDS



## Questions

How would you describe a community?

What are the joys of belonging to a community?

How do different individuals enrich our communities?

How do we learn from each other and show an understanding of the different roles and responsibilities people have in their communities? Look at some key figures that children will be able to make connections with e.g. Teachers, police, swimming instructors, sports coaches etc.

What do you bring to the communities you belong to? (Respect, love, care, generosity of spirit, loyalty and forgiveness).



## Questions

What makes us feel safe in families, in our friendships and in our wider communities?

In what ways might you feel unsafe, and when is it not right to keep a secret?

Who would you go to if you were worried or felt unsafe?

What would you do if you were worried about another person whom you considered being unsafe?

Do you know how to ask for help and the appropriate people you can talk to?



## Questions

How does the school motto or mission statement celebrate this community?

How do we, as a community, reach out to others in their time of need?

How and where do we meet God in the community?

How do we show respect, love and care for all God has created and strive to keep each other safe?



12. A Journey in Love  
– Year 2 –



16. A Journey in Love  
– Year 2 –

## Year 3 - Teaching and Learning:

# Aim

To describe and give reasons for how we grow in love in caring and happy friendships where we are secure and safe.



3. A Journey in Love  
- Year 3 -

|           |          |              |
|-----------|----------|--------------|
| community | carer    | trust        |
| God-given | guardian | selfless     |
| belonging | feelings | generous     |
| family    | emotions | reasons      |
| diverse   | friends  | difficulties |
| father    | loyalty  | positive     |
| mother    | kindness | respectful   |

An illustration of a hand holding a pencil, writing the words 'KEY WORDS' in a stylized font on a yellow notepad. The notepad is placed over the right side of the table of words.

KEY WORDS



4. A Journey in Love  
- Year 3 -



# Questions

How do friendships make us feel happy and secure?

Who could you turn to if you didn't feel safe in a friendship?

What is the difference between a relative, a friend and an acquaintance?

How would you respond to an adult you do not know who makes you feel uncomfortable or unsafe?

What are the qualities, characteristics of a true friend?

Sometimes people behave differently online, even our friends. How can we make sure these friendships are positive and safe?

How can friendships change?



# Questions

How does the gift of the Sacrament of Reconciliation help restore friendship with God and others?

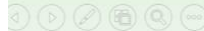
Forgive us our trespasses as we forgive those who trespass against us.' How can these words inspire, help and guide us to improve our friendships?

What Bible stories teach us about the beauty of forgiveness?

*Luke 15:11-22, Luke 15:4-7, Luke 17:3-4, Luke 7:47-49, Luke 19: 1-10.*

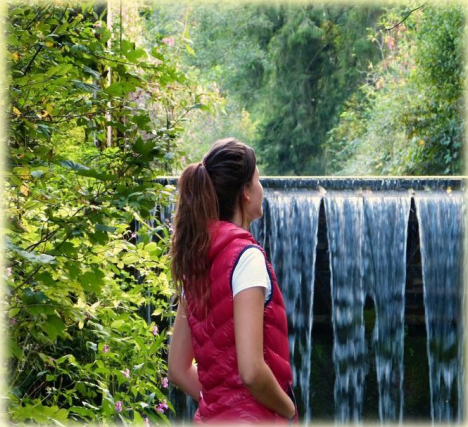
What does the phrase: "To err is human to forgive is divine" mean to you?

St Francis de Sales said: A quarrel between friends when made up, adds a new tie to friendship." How would you explain the following quote to your friends and others.



# 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.



God cultural bullying

gifts biological polite

talents respect uniqueness

difference courtesy innate

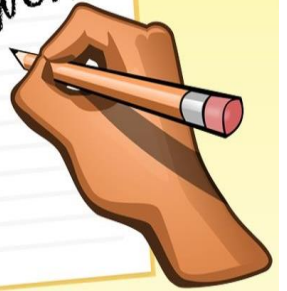
development manners beauty

change sensitivity dignity

stereotype religious

acceptance belief

KEY WORDS





# Questions

Is there more to courtesy and manners than saying 'please' and 'thank you'?

In what ways is being polite and courteous helping to make a better world to live in?

How would you ensure that you have a part to play in keeping yourself and others in your family and community safe?

How do authority figures help communities and societies work together better?

How should we include everyone and celebrate each others' differences in school, home and in communities?



## Questions (continued)

How could daring a friend to do something you would not like to do challenge the golden rule 'treat others as you would like them to treat you'?

Is it the right thing to pressurise someone into doing something they would not be comfortable doing? E.g. keeping a secret that is not right to keep.

How can we recognise the innate dignity of every person and ask God to help us to see it?



# Questions

How do we respect others, even when they are different from ourselves: physically, ethnically, culturally or in religious beliefs? How might these differences change over time as we grow?

In what ways can we expect to be treated with respect by others and in turn show them the same respect?

How can we challenge the stereotypes that encourage bullying of all kinds?



## Questions

What makes you unique?

What are your special qualities, gifts, and talents?

What attributes do others recognise in you?

Why are being honest, truthful and having integrity positive attributes?

How can your gifts be used for the common good?

What is it that we can do for each other to support each other's mental health and wellbeing, recognising the importance of expressing feelings.

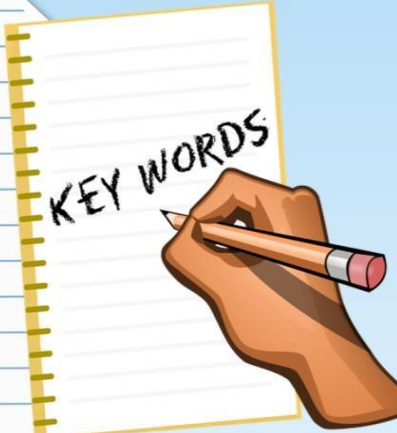


# Aim

Show 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.



|             |                 |                 |
|-------------|-----------------|-----------------|
| God         | develop         | uterus          |
| sensitivity | ovulation       | fertilised ovum |
| puberty     | biological      | fallopian tube  |
| presence    | respect         | vagina          |
| celebrate   | reproduction    | cervix          |
| external    | menstrual cycle | womb            |
| internal    | hormones        | period          |
| change      | pituitary gland |                 |





## Questions

List any behaviour changes you recognise as you are growing and developing.

Do you think these changes have affected any friendships, and how?

Are these determined by how others treat you?

Are there ways you are becoming more sensitive to your emotional development and that of others?

## Questions

What does it mean to grow holistically, e.g. physically, socially, emotionally, intellectually and spiritually?

Are there ways and means we can ensure each aspect happens healthily?

What difficulties might you face as your body changes and grows?

God's love surrounds you always and His Holy Spirit guides and protects you. How will this help you to be respectful of your own body and help you to be courageous in the face of changes?

## Questions (continued)

If a friend was struggling with their self-confidence and self-esteem, what would you advise them to do?

Where would you go and/or who would you go to for advice or to report concerns for yourself or on behalf of a friend because you are worried about being unsafe, feeling uncomfortable or concerned for your own or their mental health and wellbeing? How can this translate to keeping safe on-line?



## Questions

How do you we recognise the emotional, internal and external changes that happen during puberty?

Why do we think we might need to change our hygiene routines during the time of puberty; why is it important to keep clean and maintain a good personal hygiene?

How do we know what physical contact is appropriate, inappropriate or unsafe? Can this be extended to other forms of contact and what might these be?





# 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.



| God          |             |
|--------------|-------------|
| Christian    | appropriate |
| sexuality    | dignity     |
| fallopian    | intercourse |
| relationship | conceive    |
| cervix       | uterus      |
| fiancé       | fiancée     |

An illustration of a hand holding a pencil, writing the words 'KEY WORDS' on a spiral-bound notepad. The notepad is yellow and has several lines of text. The hand is brown and is positioned as if it has just finished writing or is about to start. The background is a light purple color.

# Questions

What is your understanding of love?

St Paul tells us:

*Love is always patient and kind; love is never jealous; love is not boastful or conceited, it is never rude and never seeks its own advantage, it does not take offence or store up grievances. love does not rejoice at wrongdoing, but finds its joy in the truth.*

*It is always ready to make allowances, to trust, to hope and to endure whatever comes. love never comes to an end. As it is, these remain: faith, hope and love, the three of them; and the greatest of them is love.*

# Questions (continued)

What does it mean to be patient, kind and never jealous?

What does it mean not to be boastful, conceited, and to never seek advantage?

What does it mean to not take offence, store up grievances or rejoice at wrongdoing?

Explain what it means that love finds its joy in the truth, is always ready to make allowances, endure whatever comes and never comes to an end?

# Questions

What are the key building blocks of a loving relationship?

How does conception take place?



# Questions

- What are the characteristics of positive respectful relationships?  
Include the different ways that we can make friends and relationships with others? e.g. social media platforms.
- When making friends on-line we should be cautious of the information we share and how it could be used: positively or negatively.
- When building relationships on-line, how can we recognise risks, such as inappropriate images, language and behaviour, and to who and how we would report these?



# Questions (continued)

- What sorts of boundaries are appropriate in friendships with peers and others, including in a digital context? If boundaries have been crossed; such as inappropriate or unsafe contact, how would we report this and where could we get advice?
- How can we ensure that we are contributing to the wellbeing of others and are taking steps to avoid seeing negatives; how would this impact on building positive relationships?
- How can we discover the presence of God in family and friends?





