

# Relationships, Sex and Health Education (RSHE)



# What is RSHE?

- Relationship Sex and Health Education is about the emotional, social and cultural development of pupils, and involves learning about personal relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.
- It is the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care.
- Since September 2020 it has been a compulsory subject for all schools

# The Purpose of RSHE

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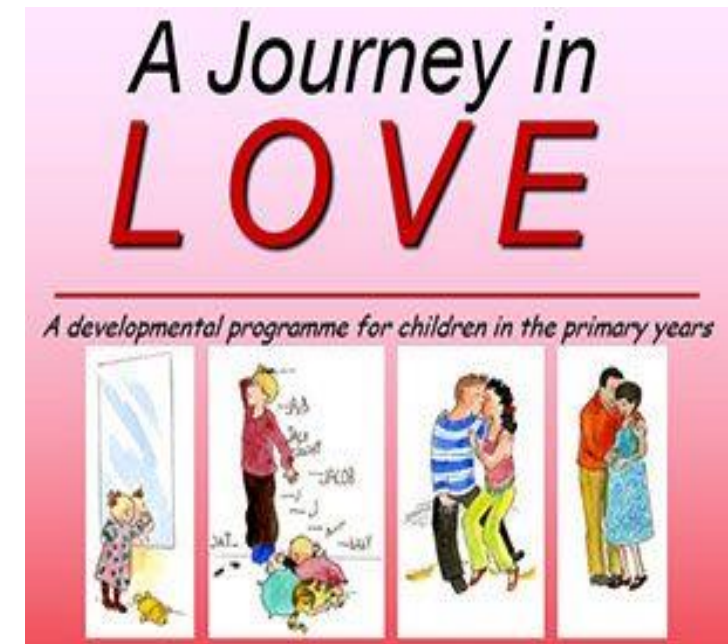
- The Department for Education 'continues to **recommend that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils**'
- All Relationship, Sex and Health Education (RSHE) will be **in accordance with the Church's moral teaching**. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from. It will also **prepare pupils for life in modern Britain**.

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*To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex context (DFE).*

# How do we deliver RSHE?

- To deliver RSHE, we follow the scheme 'A Journey in Love'. It is the recommended programme of study for Catholic schools for Relationship and Sex Education. It is rooted in the Catholics Church's teaching.
- A Journey in Love offers opportunities to teach DFE guidance on Relationships Education and Relationships Sex Education in **age-appropriate ways**.
- In the Autumn Term, the children will experience the 'Social and Emotional' content; In the Spring Term, the children will experience the 'Physical' content; In the Summer Term, the children will experience the 'Spiritual' content.





# Relationships and Sex Education

## A Summary Grid for Journey In Love 2020

|             | Theme  | Social and Emotional  | Physical  | Spiritual   |
|-------------|--|---|---|---|
| Early Years | <p><b>The wonder of being special and unique</b></p> <p>Aim: To explore the wonder of being special and unique. Children begin to know and understand that they are part of the wonder of God's love and creation.</p> <p>Key words: <i>God, wonder, love, hands, fingers, nails, faces, noses, lips, ears, hair, features, colour, shape, size, unique, belonging, different, special womb, describe, friends, generous, worried, Baptism</i></p>   | To recognise being a special person in my family.                         | To recognise that we are all different and unique.  | To celebrate the joy of being a special person in God's family.                 |
| Year 1      | <p><b>We meet God's love in our family</b></p> <p>Aim: To focus on families and specially growing up in a loving, secure and stable home.</p> <p>Key words: <i>unique, friend, respect, secure, God, love, care, commitment, stable, important, different, special, signs, healthy, safe, boundaries, kindness, teasing, bullying, positive, negative, wrong, unacceptable, truth, lies, head, eyes, nose, mouth, teeth, tongue, throat, neck, shoulders, arms, breasts, nipple, waist, elbows, penis, vagina, vulva, bottom, anus, legs, knees, ankles, feet, toes.</i></p> | To recognise signs that I am loved in my family.                          | To recognise how I am cared for and kept safe in my family.   | To celebrate ways that God loves and cares for us.                              |
| Year 2      | <p><b>We meet God's love in the community</b></p> <p>Aim: To describe how we are growing and developing in diverse communities that are God-given.</p> <p>Key words: <i>community, local, global, impact, responsibility, harm, improve, God-given, belonging, family, diverse, father, mother, carer, guardian, feelings, recognise, emotions, friendships, relationships, secrets, stereotypes, respect, equal.</i></p>  | To recognise the joy and friendship of belonging to a diverse community.  | To describe ways of being safe in communities.  | To celebrate ways of meeting God in our communities.                            |
| Year 3      | <p><b>How we live in love</b></p> <p>Aim: To describe and give reasons for how we grow in love in caring and happy friends where we are secure and safe.</p>   | To describe and give reasons how friendships make us feel happy and safe. | To describe and give reasons why friendships can break down, how they can be repaired and strengthened. | To celebrate the joy and happiness of living in friendship with God and others. |

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|--------|--|--|---|---|
|        | <p><i>Key words: community, God-given, belonging, family, diverse, father, mother, carer, guardian, feelings, emotions, friends, loyalty, kindness, trust, selfless, generous, reasons, difficulties, positive, respectful.</i></p>  |  |   |   |
| Year 4 | <p><b>God love us in our differences</b></p> <p>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.</p> <p><i>Key words: God, gifts, talents, difference, development, change, stereotype, acceptance, cultural, biological, respect, courtesy, manners, sensitivity, religious, belief, bullying, polite, uniqueness, innate, beauty, dignity.</i></p>   | To describe how we all should be accepted and respected.   | To describe how we should treat others making links with the diverse modern society we live in. | To celebrate the uniqueness and innate beauty of each of us.  |
| Year 5 | <p><b>God loves us in our changing and developing</b></p> <p>Aim: To show a 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.</p> <p><i>Key words: God, sensitivity, puberty, presence, celebrate, external, internal, change, develop, ovulation, biological, respect, reproduction, menstrual cycle, hormones, pituitary gland, uterus, fertilised ovum, fallopian tube, vagina, vulva, cervix, womb, period</i></p> | To show knowledge and understanding of emotional relationship changes as we grow and develop.  | To show knowledge and understanding of the physical changes in puberty.                         | To celebrate the joy of growing physically and spiritually.   |
| Year 6 | <p><b>The wonder of God's love in creating new life</b></p> <p>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.</p> <p><i>Key words: God, Christian, appropriate, dignity, sexuality, intercourse, fallopian, conceive, relationship, uterus, cervix, fiancé, fiancée</i></p>  | To develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families. | To explain how human life is conceived.   | To show an understanding of how being made in the image and likeness of God informs decisions and actions when building relationships with others, including life-long relationships. |

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# The Right to Withdraw

- Parents have the right to withdraw their children from the non-statutory component of sex education in Year 6. This is where sexual intercourse is taught discretely as part of the physical aspect within Journey In Love, the Archdiocesan recommended resource. Requests for withdrawal should be made in writing and addressed to the headteacher. The headteacher will discuss the request with parents and take appropriate action.



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## **Finally...**

We have an open-door policy so if you have any worries or concerns regarding the RSHE curriculum, please come in and see the staff – preferably after school -and we will do our best to help you.