

# Relationship and Sex Education

## A Journey in **LOVE**

*A developmental programme  
for children in the primary years*



### Overview for parents

|                     |                                                                                                                                                                                                                                                                                                            |
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| <b>Early Years:</b> | <b>The wonder of being special and unique.</b><br>To explore the wonder of being special and unique.                                                                                                                                                                                                       |
| <b>Year 1:</b>      | <b>We meet God's love in our family.</b><br>AIM: To focus on families and specially growing up in a loving, secure and stable home.                                                                                                                                                                        |
| <b>Year 2:</b>      | <b>We meet God's love in the community.</b><br>AIM: To describe how we are growing and developing in diverse communities that are God-given.                                                                                                                                                               |
| <b>Year 3:</b>      | <b>How we live in love.</b><br>AIM: To describe and give reasons for how we grow in love in caring and happy friendships where we are secure and safe.                                                                                                                                                     |
| <b>Year 4:</b>      | <b>God loves us in our differences.</b><br>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.                                                                                |
| <b>Year 5:</b>      | <b>God loves us in our changing and developing.</b><br>AIM: 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. |
| <b>Year 6:</b>      | <b>The wonder of God's love in creating new life.</b><br>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.      |

*What does love look like?  
It has the hands to help others.  
It has the feet to hasten to the poor and  
needy. It has eyes to see misery and want.  
It has the ears to hear the sighs and  
sorrows of others.  
That is what love looks like.*

*St. Augustine*

### JOURNEY IN LOVE AND DFE GUIDANCE

From September 2020, guidance from the Department for Education for Relationships Education, Relationships and Sex Education (RSE) and Health Education becomes mandatory for all Schools, including Catholic Schools.

This initiative has been welcomed by the Catholic Education Service (CES), who state clearly that, Catholic schools are also required to deliver RSE in accordance with the teaching of the Church. RSE is part of the mission of Catholic schools to educate the whole person. It should be carried out as part of the holistic education, which seeks to form as well as inform young people in preparation for adult life. A Journey in Love offers opportunities to teach DFE guidance on Relationships Education and Relationships and Sex Education in age-appropriate ways.

The Catholic Education Service accentuates that any teaching about love and sexual relationships in a Catholic school must be rooted in the Catholic Church's teaching about what it is to be truly human in Christ, what it means to live well in relationship with others and be presented within a positive framework of Christian virtue.