



Relationship and Sex
Education at St Godric's RC
Primary School



Why is there a change?

- Pope Apostolic Exhortation – *Amoris Laetitia The Joy of Love*
- Coincided with the Year of Mercy – need for mercy when faced with the challenges and difficulties that accompany all relationships.
- Need for 'positive and prudent sex education to be imparted to children and young people as they grow older
- Catholic Bishops have produced a guide for families – *Learning to Love*



Learning to Love

“Parents have the prime responsibility in teaching their children how to build healthy, loving relationships, and our Catholic schools play a vital part in supporting parents”

- Chapter 1 – Our Incomplete Identity
- Chapter 2 – The Language of Desire
- Chapter 3 - Appreciative Love
- Chapter 4 – Honouring the Body

Our Incomplete Identity

- ▶ 'We present ourselves to the world as we would like to be seen. Some of these identities we adopt to cover up what we perceive as human weaknesses ...beneath all of these lies the biological identity which receive at the moment of conception'.



The language of desire

- ▶ 'Our innate desire to express love in the act of 'making love', is natural and good but, like all desires, it too needs to be owned. To accomplish this we need to learn the art of being patient and self controlled'.



Appreciative Love

- ▶ These are the features of true love.

“It describes love in the ordinary daily business of living in companionship. It is the sort of love that grows in adversity”.



Honouring the Body

- ▶ “Our innate human dignity embraces also our bodies. This insight has important implications for how we see ourselves when we look in the mirror ... we can say to our reflection, ‘Despite what you think of yourself, when God looks at you, He loves you, He delights in you because He sees his own image in yours’”.



Conclusion of Learning to Love



We need to find 'a new and more appropriate language in introducing children and adolescents to the topic of sexuality'.

Pope Francis



What are the children learning?

Early Years.

Children will know and understand that God has made them unique and although we are all different we are special to him.

Children will learn that it is important to have friends. They will describe the qualities of a good friend and say what they like about their friends.

Children will learn that Jesus is our friend. They will listen to the Gospel stories of 'the Good Samaritan' and 'Jesus welcoming the children.'



What are the children learning?

Year 1.

Who is in my family?

How do babies change and grow?

How do we help and care for others at home?

What are the happy times for our families? What are the sad times? How do we show love to each other in our homes?

What would it be like if we didn't have a family?

Which other family do we belong to?



What are the children learning?

Year 2.

Introduce idea of the school community to the children. What do they understand by the word 'community'?

How can we make a difference to the community to which we belong?

Can belonging to a community help us when we feel sad or upset?

Is it good to be on our own?

If God is called 'Our Father' what does that make us?

As children of God how should we treat each other?



What are the children learning?

Year 3

- To know and understand the virtues essential to friendship
- Taking care of myself and others.
- How do I keep myself safe?
- How do I help others to make and keep friends?
- How can you be a more supportive friend?
- The difference between being alone and being lonely.
- To understand the need for personal privacy.
- To forgive and include others as Jesus did.



What are the children learning?

Year 4

Physical:

Recognise that all pupils grow and develop at different rates

Name the different male and female body parts and introduce their various functions

Identify the development of the baby in the womb

Social:

How do I learn to accept and celebrate who I am?

How do I accept differences in others?

Emotional:

How do I appreciate my own gifts, talents, achievements and all that make me unique?



What are the children learning?

Year 5

To become aware of the physical and emotional changes that accompany puberty.

Recognise behaviour changes as we grow up.

Reflect on ways to become more sensitive to the emotional development of oneself and others

School Nurse input



What are the children learning?

Year 6

Defining relationships, including different types and how they can change
Showing emotions, exploring how it can be hard to express emotions and to reflect on their relationships with the people they care about

Supported by the school nurse: Growing and changing, reflect on and discuss the changes that take place during puberty for boys and girls, including menstruation and sperm

Comparing the changes in girls and boys

School Nurse input



- “All of us spend our entire lives learning how to love. We never stop learning”.
- “...our Catholic schools should always be places where all young people can begin to discern how God is calling them to find happiness.”

Learning to Love - March 2017