

**ST MARY MAGDALENE CATHOLIC
PRIMARY SCHOOL**

RELATIONSHIPS AND SEX EDUCATION POLICY



‘Growing Together in Faith & Love’

Reviewed September 2023

Currently under review 2024/2025

Rationale

‘I HAVE COME THAT YOU MIGHT HAVE LIFE AND HAVE IT TO THE FULL’

(Jn.10.10)

We are involved in Relationship, Sex and Education (RSE) precisely because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins the approach to all education in a Catholic school. Our approach to RSE therefore is rooted in the Catholic Church’s teaching of the human person and presented in a positive framework of Christian ideals.

At the heart of the Christian life is the Trinity; Father, Son and Spirit in communion, united in loving relationship and embracing all people and all creation. As a consequence of the Christian belief that we are made in the image and likeness of God, gender and sexuality are seen as God’s gift, reflect God’s beauty, and share in the divine creativity. RSE, therefore, will be placed firmly within the context of relationship as it is there that sexuality grows and develops.

Following the guidance of the Bishops of England and Wales and as advocated by the DFE (and the Welsh Assembly Government) RSE will be firmly embedded in the PSHE/RSHE framework as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils. It is centred on Christ’s vision of being human as good news and will be positive and prudent, showing the potential for development, while enabling the dangers and risks involved to be understood and appreciated.

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.

Aim

St Mary Magdalene Catholic Primary School, aims to provide a suitable programme that follows the statutory need to include RSHE into their curriculum from September 2020 which meets the ethos of its Catholic identity and mission.

The purpose of this Relationship, Sex and Health Education (RSHE) policy is to set out the ways in which the schools’ provision supports pupils through their spiritual, moral, social, emotional and physical development, and prepares them for the opportunities, responsibilities and experiences of life growing up in today’s world.

Our School’s mission embraces the spiritual, physical, intellectual, emotional, moral and social development of children and young people, and through an agreed approach to Relationship and Sex Education (RSE) using the Archdiocesan recommended resource ‘Journey in Love’ 2020 we believe that we can promote the development of the whole child, so that children can grow in virtue, wisdom and stature, understanding both the emotional, social and physical aspects of growing spiritually, as well as moral aspects of relationships within a context of a Christian vision for the purpose of life.

RSHE is taught through our lifestyle in school and through the subjects of Religious Education, PSHE and Science and by way of a cross-curricular, integrated approach. All elements of PHSE at Key

Stage 1 and 2 are covered. Significant aspects of Relationship and Sex education remain part of the National Curriculum for Science. These will be taught to all pupils.

The PSHE (Physical, Social, Health, and Economic Education) curriculum at St Mary Magdalene embraces each child, offering them a safe opportunity to explore themselves, relationships and the wider-world around them. PSHE provides plentiful opportunities to voice opinions and clarify understanding, encouraging openness within discussion which contributes to the personal development of each individual. The range of aims and activities covered also help our children to appreciate the diverse communities in which we live contributing to their spiritual, moral, social and cultural development. We offer a valuable curriculum in which information is shared with our children to empower them to make positive decisions about their own health and wellbeing, allowing them to recognise when issues arise, knowing how to seek support as early as possible from appropriate sources. In essence, the curriculum aims to promote positive physical, mental and emotional wellbeing, which is fundamental in the lives of our children both now and as they grow and mature.

In the Science National Curriculum, through high quality teaching and learning experiences, we aim to develop every child's key scientific knowledge, vocabulary and understanding of a range of scientific concepts, methods, processes and skills, including living things.

The other aspects of the statutory curriculum intent will be met by:

- encouraging pupils' growth in self-respect, acknowledging we are all created in the image and likeness of God
- helping pupils develop an understanding that love is the central basis of relationships
- helping pupils to understand the nature of relationships and to encourage them to reflect on their own relationships and respect differences between people
- developing pupils' confidence in talking, listening and thinking about feelings and relationships
- helping pupils' confidence in talking, listening and thinking about feelings and relationships
- helping pupils acquire the skills necessary to develop and sustain relationships
- offering sex education in the wider context of relationships
- ensuring that pupils protect themselves and ask for help and support when needed
- ensuring that pupils are prepared for puberty
- helping pupils develop a healthier, safer lifestyle
- preparing pupils to play an active role as citizens and to understand the Catholic vision of what it means to be citizens of the Kingdom/reign of God

A Journey in Love Programme

An aspect of the mystery of love is treated in each year group; children and young people are encouraged to marvel at the wonder and beauty of God's creative love. This is reflected in each stage of a person's growth in the primary years through a series of suggested, progressive and developmental tasks, activities and reflections that focus on social, emotional, physical and spiritual development.

Early Years: The wonder of being special and unique

Year 1: We meet God's love in our family

Year 2: We meet God's love in the community

Year 3: How we live in love

Year 4: God loves us in our differences

Year 5: God loves us in our changing and developing

Year 6: The wonder of God's love in creating new life

The Purpose

The aims of Relationship, Sex and Health Education (RSHE) at St Mary Magdalene Catholic Primary School is to:

- Provide a framework in which sensitive discussions can take place.
- Help pupils develop feelings of dignity, self-worth, self-respect, confidence and empathy.
- Prepare pupils for puberty and give them an understanding of sexual development and the importance of health and hygiene.
- Create a positive culture around issues of sexuality and relationships.
- Teach pupils the correct vocabulary to describe themselves and their bodies.
- Provides opportunities to voice opinions and clarify understanding, encouraging openness within discussion which contributes to the personal development of each individual.

We aim to ensure that all pupils:

- Grow in self-respect, aim high and celebrate who they are.
- Understand the rights of the child and laws / rules in place to enjoy a happy, healthy and safe childhood.
- Acquire the skills necessary to develop and sustain positive relationships, focusing on family and friends, including online.
- Appreciate and respect differences, valuing the contributions others make to our society.
- Develop resilience when faced with challenging situations, knowing how / where to seek help.

Statutory Requirements

At St Mary Magdalene Catholic Primary School, we must provide Relationships Education to all pupils as per section 34 of the Children and Social work act 2017.

In teaching Relationship and Sex Education, we must have regard to Catholic Education Service guidance issued by the Bishops Conference of England and Wales 2017.

The statutory guidance from the Department for Education issued under Section 80A of the Education Act 2002 and section 403 of the Education Act 1996 Appendix A

The statutory guidance from the Department for Education Equality Act 2010.

Keeping Children Safe in Education 2024.

Definition

Relationship, Sex and Health Education involves a combination of sharing information, and exploring issues underpinned by our Catholic values.

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.

Curriculum

After consultation with parents Relationship Sex Education will be covered using the recommended resource 'Journey in Love' 2020. (See right of withdrawal).

We have considered the age, stage and feelings of pupils and have consulted with parents and staff to ensure we are offering a quality curriculum which is adequately catered to meet their needs.

Alongside the science curriculum, Journey in Love supports and extends scientific understanding of physical human development.

PSHE complements other national curriculum subjects allowing them to be seamlessly integrated into teaching, whilst opportunities to fulfil our wider curriculum and offered as well as External Providers when appropriate.

If pupils ask questions outside the scope of our curriculum, teachers will respond in an appropriate manner so they are fully informed and do not seek answers online.

Delivery of Relationship, Sex and Health Education (RSHE)

Relationship and Sex Education (RSE) is taught both discretely and within other subject areas. Some aspects of the RSHE curriculum may be touched upon in other lessons as it shares links with Religious Education, Science and Physical Education.

Our RSHE will ensure that content is relevant to the age, experience and maturity of pupils.

The new statutory guidance for Relationships Education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me.
- Caring friendships.
- Respectful relationships.
- Online relationships.
- Being safe.

These areas of learning are taught within the context of 'family life' and could include married or single parent families, same sex parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures, along with reflecting sensitively that some children may have a support structure around them (for example: looked after children or young carers).

As a school, we promote equality of opportunity and foster good relations. Our school environment uniformly applies values of inclusion and respect to all pupils and their families. All staff are proactive in promoting positive relationships and receive regular training.

Equal Opportunities

All pupils have access to the RSHE curriculum. Where pupils have specific educational needs, arrangements for support from outside agencies and support staff are made to ensure these pupils have an appropriate, differentiated curriculum.

Roles and Responsibility

The Governing Body

The governing body will approve the RSHE policy and hold the Headteachers to account for its implementation.

The Headteachers

The Headteachers are responsible for ensuring that RSHE is taught consistently across the schools and for managing requests to withdraw pupils from the non-statutory element of Relationship and Sex Education * (see right of withdrawal).

Staff

Staff do not have the right to opt out of teaching RSHE as this forms part of the Teaching Standards. Any staff who have concerns about teaching RSHE are encouraged to discuss this with the headteachers.

Staff are responsible for:

- Delivering RSHE in a sensitive way which complies with Church teaching.
- Modelling positive attitudes to RSHE.
- Responding to the needs of individual pupils.
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory components of RSE.

Pupils

Pupils are expected to engage fully in RSHE and, when discussing issues related to RSHE, treat others with dignity, respect and sensitivity.

Parents' right to withdraw

In exceptional circumstances, parents have the right to withdraw their children from the non-statutory component of sex education.

Alternative work will be given to pupils who are withdrawn from RSE.

Parents do not have the right to withdraw their children from Statutory Relationships Education as set out in the DFE guidance 2020.

This policy will be reviewed and agreed annually.

Resources

The PSHE Association www.pshe-association.org.uk

Early Years Foundation Stage

Journey in Love 2020

Key Stage One

Journey in Love 2020

Key Stage Two

Journey in Love 2020

CEOP – National Crime Agency Command

www.thinkuknow.co.uk

Please see Appendices below:

- RE: Come & See Programme
- Science: National Curriculum KS1 & KS2

Science

Statutory Science Curriculum

Early Years Foundation Stage children learn about life cycles. Through on-going personal, social and emotional development they develop the skills to form relationships and think about relationships with others.

In Key Stage 1 children learn:

- That animals, including humans, move, feed, grow and use their senses and reproduce
- To recognise and compare the main external parts of the bodies of humans
- That humans and animals can reproduce offspring and these grow into adults
- To recognise similarities and differences between themselves and others
- To treat others with sensitivity

In Key Stage 2 children learn:

- That the life processes common to humans and other animals including nutrition, growth and reproduction
- About the main stages of the human life cycle

A Journey in LOVE

A developmental programme for children in the primary years



Overview for parents

Early Unique. The wonder of being special and Unique.

Years: To explore the wonder of being special and unique.

Year 1: We meet God's love in our family.

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

Year 2: We meet God's love in the community.

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

Year 3: How we live in love.

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

Year 4: God loves us in our differences.

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.

Year 5: God loves us in our changing and developing.

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.

Year 6: The wonder of God's love in creating new life.

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.

DfE links to revised Journey in Love

YEAR GROUP	JOURNEY IN LOVE	DfE GUIDANCE
<p>Early Years</p> <p>Aim: To explore the wonder of being special and unique.</p>	<p>1. Social and Emotional</p> <p>Learning intention: To recognise the joy of being a special person in my family.</p> <p>2. Physical</p> <p>Learning intention: To recognise that we are all different and unique.</p> <p>3. Spiritual</p> <p>Learning intention: To celebrate the joy of being a special person in God's family.</p>	<p>Families and people who care for me</p> <p>Families are important for children growing up, because they can give love, security and stability. That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.</p> <p>Caring friendships</p> <p>How important friendships are in making us feel happy and secure, and how people choose and make friends.</p> <p>Respectful relationships</p> <p>The important of respecting others, even when they are very different from them, (for example, physically, in character, personality of backgrounds) or make different choices or have different preferences or beliefs.</p> <p>Being safe</p> <p>How to recognise and report feelings of being unsafe or feeling bad about any adult. How to ask for advice or help for themselves or others and to keep trying until heard. How to report concerns or abuse and, the vocabulary and confidence needed to do so, and where to get advice.</p>

YEAR GROUP	JOURNEY IN LOVE	DfE GUIDANCE
<p>Year 1</p> <p>Aim: To focus on families and specially growing up in a loving, secure and stable home.</p>	<p>1. Social and Emotional</p> <p>Learning intention: To recognise the signs that I am loved in my family.</p> <p>2. Physical</p> <p>Learning intention: To recognise how I am cared for and kept safe in my family.</p> <p>3. Spiritual</p> <p>Learning intention: To celebrate ways that God loves and cares for us.</p>	<p>Families and people who care for me</p> <p>Families are important for children growing up because they can give love, security and stability. The characteristics of a healthy family life: commitment to each other, including in times of difficulty, protection and care for children including other family members, the importance of spending time together and sharing each other's lives.</p> <p>Caring friendships</p> <p>How important friendships are in making us feel happy and secure, and how people choose and make friends. That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.</p> <p>Respectful relationships</p> <p>The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds) or make different choices or have different preferences or beliefs. The conventions of courtesy and manners. The importance of self-respect and how this links to their own happiness. About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.</p> <p>Online relationships</p> <p>The same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online.</p> <p>Being safe</p> <p>The importance of respecting others, even when they are very different from them,</p>

		(for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. What sorts of boundaries are appropriate in friendships with peers and others? The concept of privacy and the implications of it for both children and adults. Not always right to keep secrets. Each person's body belongs to them, understanding differences between appropriate and inappropriate contact. How to respond safely to adults they may not know.
YEAR GROUP	JOURNEY IN LOVE	DfE GUIDANCE
<p>Year 2</p> <p>Aim: To describe how we are growing and developing in diverse communities that are God-given.</p>	<p>1. Social and Emotional</p> <p>Learning intention: To recognise the joy and friendship of belonging to a diverse community.</p> <p>2. Physical</p> <p>Learning intention: To describe ways of being safe in communities.</p> <p>3. Spiritual</p> <p>Learning intention: To celebrate ways of meet God in our communities.</p>	<p>Families and people who care for me</p> <p>That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.</p> <p>Caring friendships</p> <p>How important friendships are in making us feel happy and secure, and how people choose and make friends. That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.</p> <p>Respectful relationships</p> <p>The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. Practical steps they can take in a range of different contexts to improve or support respectful relationships. That in schools and in wider society they can expect to be treated with respect by others, and in turn, they should show due respect to others, including those in positions of authority. About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.</p>

		<p>Being safe</p> <p>How to recognise and report feelings of being unsafe or feeling bad about any adult. How to ask for advice or help for themselves or others and to keep trying until heard. How to report concerns or abuse and the vocabulary and confidence needed to do so, and where to get advice. The concept of privacy and the implications of it for both children and adults. It is not always right to keep secrets.</p>
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YEAR GROUP	JOURNEY IN LOVE	DfE GUIDANCE
<p>Year 3</p> <p>Aim:</p> <p>To describe and give reasons for how we grow in love, in caring and happy friendships where we are secure and safe.</p>	<p>1. Social and Emotional</p> <p>Learning intention:</p> <p>To describe and give reasons how friendships make us feel happy and safe.</p> <p>2. Physical</p> <p>Learning intention:</p> <p>To describe and give reasons why friendships can break down, how they can be repaired and strengthened.</p> <p>3. Spiritual</p> <p>Learning intention:</p> <p>To celebrate the joy and happiness of living in friendships with God and others.</p>	<p>Families and people who care for me</p> <p>Those stable, caring relationships, which may be of different types, are at the heart of happy families and are important for children's security as they grow up. How to recognise if family relationships are making them feel unhappy or unsafe and how to seek help or advice from others if needed.</p> <p>Caring friendships</p> <p>How important friendships are in making us feel happy and secure, and how people choose and make friends. That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.</p> <p>Respectful relationships</p> <p>The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds) or make different choices or have different preferences or beliefs. Practical steps they can take in a range of different contexts to improve or support respectful relationships. The conventions of courtesy or manners. The importance of self-respect and how this links to their own happiness. That in school and in wider society they can expect to be treated with respect by others, and in turn, they should show due respect to others, including those in positions of authority. About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. The importance of permission seeking and giving in relationships with friends, peers and adults.</p> <p>Online relationships</p> <p>The same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online. Sometimes people may behave differently online including by pretending to be someone they are not. How to critically consider their online friendships and sources of information, including awareness of the risks associated with people they have never met.</p>

		Being safe
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		<p>How to recognise and report feelings of being unsafe or feeling bad about any adult. How to ask for advice or help for themselves or others and to keep trying until heard. How to report concerns or abuse and the vocabulary and confidence needed to do so, and where to get advice. What sorts of boundaries are appropriate in friendships with peers and others? How to respond safely to adults they may not know.</p>
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YEAR GROUP	JOURNEY IN LOVE	DfE GUIDANCE
<p>Year 4</p> <p>Aim:</p> <p>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>1. Social and Emotional</p> <p>Learning intention:</p> <p>To describe how we all should be accepted and respected.</p> <p>2. Physical</p> <p>Learning intention:</p> <p>To describe how we should treat others making links with the diverse modern society we live in.</p> <p>3. Spiritual</p> <p>Learning intention:</p> <p>To celebrate the uniqueness and innate beauty of each of us.</p>	<p>Families and people who care for me</p> <p>Stable, caring relationships, which maybe of different types, are at the heart of happy families, and are important for children's security as they grow up. The others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.</p> <p>Caring friendships</p> <p>That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. How to recognise who to trust and who not to trust, how to judge when a friendship is making them unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others if needed.</p> <p>Respectful relationships</p> <p>The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. Practical steps they can take in a range of different contexts to improve or support respectful relationships. The importance of self-respect and how this links to their own happiness. That in school and in wider society they can expect to be treated with respect by others, and in turn, they should show due respect to others, including those in positions of authority. About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. What a stereotype is and how stereotypes can be unfair, negative or destructive. The importance of permission seeking and giving in relationships with friends, peers and adults.</p> <p>Being safe</p> <p>How to recognise and report feelings of being unsafe or feeling bad about any adult. How to ask for advice or help for themselves or others and to</p>

		keep trying until heard. How to report concerns or abuse and the vocabulary and confidence needed to do so, and where to get advice. The concept of privacy and the implications of it for both children and adults. It is not always right to keep secrets.
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YEAR GROUP	JOURNEY IN LOVE	DfE GUIDANCE
<p>Year 5</p> <p>Aim:</p> <p>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>1. Social and Emotional</p> <p>Learning intention:</p> <p>To show knowledge and understanding of emotional relationship changes as we grow and develop.</p> <p>2. Physical</p> <p>Learning intention:</p> <p>To show knowledge and understanding of the physical changes in puberty.</p> <p>3. Spiritual</p> <p>Learning intention:</p> <p>To celebrate the joy of growing physically and spiritually.</p>	<p>Families and people who care for me</p> <p>Those stable, caring relationships, which may be of different types, are at the heart of happy families and are important for children's security as they grow up.</p> <p>Caring friendships</p> <p>How important friendships are in making us feel happy and secure, and how people choose and make friends. The characteristics of friendships: mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.</p> <p>Respectful relationships</p> <p>The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds) or make different choices or have different preferences or beliefs. Practical steps they can take in a range of different contexts to improve or support respectful relationships. The conventions of courtesy or manners. The importance of self-respect and how this links to their own happiness. That in school and in wider society they can expect to be treated with respect by others, and in turn, they should show due respect to others, including those in positions of authority. About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. What a stereotype is and how stereotypes can be unfair, negative or destructive. The importance of permission seeking and giving in relationships with friends, peers and adults.</p> <p>Online relationships</p> <p>The same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online. How to critically consider their online friendships and sources of information, including awareness of the risks associated with people they have never met. The rules and principles for keeping safe online, how to recognise risks, harmful content and contact and how to report them.</p>

		<p>Being safe</p> <p>How to recognise and report feelings of being unsafe or feeling bad about any adult. How to ask for advice or help for themselves or others and to keep trying until heard. How to report concerns or abuse and the vocabulary and confidence needed to do so, and where to get advice. What sorts of boundaries are appropriate in friendships with peers and others? Each person's body belongs to them, understanding differences between appropriate and inappropriate contact.</p>
YEAR GROUP	JOURNEY IN LOVE	DfE GUIDANCE
<p>Year 6</p> <p>Aim:</p> <p>To develop a secure understanding of what stable, caring relationships are and the different kinds there may be. Focussing on Catholic teaching, children will also know and understand about the conception of a child within Marriage.</p>	<p>1. Social and Emotional</p> <p>Learning intention:</p> <p>To develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families.</p> <p>2. Physical</p> <p>Learning intention:</p> <p>To explain how human life is conceived.</p> <p>3. Spiritual</p> <p>Learning intention:</p> <p>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.</p>	<p>Families and people who care for me</p> <p>Stable, caring relationships, which may be of different types, are at the heart of happy families and are important for children's security as they grow up. That marriage represents a formal and legally recognised commitment of two people to each other, which is intended to be lifelong.</p> <p>Caring friendships</p> <p>How important friendships are in making us feel happy and secure, and how people choose and make friends. The characteristics of friendships: mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.</p> <p>Respectful relationships</p> <p>The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds) or make different choices or have different preferences or beliefs. Practical steps they can take in a range of different contexts to improve or support respectful relationships. The conventions of courtesy or manners. The importance of self-respect and how this links to their own happiness. That in school and in wider society they can expect to be treated with respect by others, and in turn, they should show due respect to others, including those in positions of authority. About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. What a stereotype is and how stereotypes can be unfair, negative or destructive. The importance of permission</p>

seeking and giving in relationships with friends, peers and adults.

Online relationships

The same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online. How to critically consider their online friendships and sources of information, including awareness of the risks associated with people they have never met. The rules and principles for keeping safe online, how to recognise risks, harmful content and contact and how to report them. Sometimes people act very differently online, including pretending to be someone they are not. Understand how data is shared and used online.

Being safe

How to recognise and report feelings of being unsafe or feeling bad about any adult. How to ask for advice or help for themselves or others and to keep trying until heard. How to report concerns or abuse and the vocabulary and confidence needed to do so, and where to get advice. What sorts of boundaries are appropriate in friendships with peers and others? Each person's body belongs to them, understanding differences between appropriate and inappropriate contact.

Come and See and Relationship and Sex Education



Introduction

The following is intended as a guide for linking Relationship and Sex Education with Come and See. Some of these aspects might be covered in the EXPLORE section where the topic is being introduced, starting with the pupil's own experience, and extending into the REVEAL and RESPOND sections. Some ideas may be used in the REVEAL process where the teaching is explicitly concerned with Scripture and the teaching of the Church. Some topics offer more explicit teaching to develop ideas about Relationship and Sex Education, some less so.

Another way of using this section is when teaching Religious Education which occurs in other aspects of the curriculum e.g. Science, PE, PSHE etc.

EARLY YEARS		
MYSELF	God knows and loves each one	<ul style="list-style-type: none"> • Each one's name is important • I am special and have a special name • I have a family name • Everyone is precious to God
WELCOME	Baptism a welcome to God's family	<ul style="list-style-type: none"> • How we are made to feel welcome • How do we show others that they are welcomed? • How is a baby welcomed into a family?
BIRTHDAY	Looking forward to Jesus' birthday	<ul style="list-style-type: none"> • Why do we celebrate birthdays? • What a birthday is • What people do while they wait for a birthday • Some of the ways birthdays are celebrated
CELEBRATING	People celebrate in church	<ul style="list-style-type: none"> • Why is celebrating important? • What is good about celebrating together? • What a celebration is • Different elements of celebration • Different ways of celebration
GATHERING	The parish family gathers to celebrate Eucharist	<ul style="list-style-type: none"> • Why do we gather together? How we gather as a church/parish family • What are the things that are better done together and why? • The importance of gathering

GROWING	Looking forward to Easter	<ul style="list-style-type: none"> • The ways in which we grow • That spring is a time when things begin to grow • The ways in which we can grow in love to be more like Jesus
GOOD NEWS	Passing on the Good News of Jesus	<ul style="list-style-type: none"> • How they and others feel when they have good news • The joy and happiness the good news brings • That everyone has good news to share
FRIENDS	Friends of Jesus	<ul style="list-style-type: none"> • how friends make us feel happy, comfortable and glad • What breaks and mends friendships • It is good to have friends • How we can change and say sorry and forgive each other
OUR WORLD	God's wonderful world	<ul style="list-style-type: none"> • How wonderful our world is? • How we could make God's world even more wonderful? • What would happen if we did not look after our world? • What we love about our world. • What fills us with wonder about our world. • Everyone shares God's world. • How we would feel if we did not work together to share God's world.

YEAR 1

FAMILIES	God's love and care for every family	<ul style="list-style-type: none">• How families show love and care for each other.• God's love and care for them and their families.• How God shows love and care for individuals, families and all of creation
BELONGING	Baptism an invitation to belong to God's family	<ul style="list-style-type: none">• What it feels like to belong.• The experience of belonging to their family and the Church family.• How babies are welcomed into the Church family.• Parents are blessed.
WAITING	Advent a time to look forward to Christmas	<ul style="list-style-type: none">• How we feel when we are waiting Why waiting can be difficult at times.• Others may help us as we wait.• We can help others.
SPECIAL PEOPLE	People in the parish family	<ul style="list-style-type: none">• Special people help us.• What makes a person special.• How we can love and serve each other.• There are people who do special jobs at Mass when the parish family gathers.• Some of ways in which these people help.
MEALS	Mass; Jesus' special meal	<ul style="list-style-type: none">• What important for a happy meal.• What makes a family meal special.• Preparation for a meal.• How we love and serve Jesus.• How it is good to say thank you for our meals.
CHANGE	Lent a time for change	<ul style="list-style-type: none">• How the season change.• The ways we change and grow in love and kindness.• How we can change and make a new start in Lent.
HOLIDAYS AND HOLYDAYS	Pentecost: the feast of the Holy Spirit	<ul style="list-style-type: none">• Why are holidays different from ordinary days• What makes holidays happy times• How holidays are times to relax and do something different• We should thank God for holidays and our wonderful world
BEING SORRY	God helps us to choose well	<ul style="list-style-type: none">• Making choices that help us feel happy.• Making choices that make us feel unhappy.• What helps us to make good choices.• How would it be if everyone followed Jesus' new rule to 'love one another'.• Sometimes hard to say sorry and to forgive.• It is good to say sorry.• The end of the day is a good time to reflect on the choices made and to ask God's forgiveness.

NEIGHBOURS	Neighbours share God's world	<ul style="list-style-type: none">• Who is our neighbour?• What makes a good neighbour?• How we can be a good neighbour?• What happens if someone is not a good neighbour?
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YEAR 2

BEGINNINGS	God is present in every beginning	<ul style="list-style-type: none">• How you feel when you begin anything new?• Why some beginnings are easy and some are difficult?• How we begin our day?• How each day is a new beginning?• God cares for everyone.• God being present in all new beginnings.
SIGNS & SYMBOLS	Signs and symbols used in Baptism	<ul style="list-style-type: none">• The meaning and importance of some symbols in life.• The power of symbols to convey meaning• Some of the signs and symbols in daily life
PREPARING	Advent; preparing to celebrate Christmas	<ul style="list-style-type: none">• Why is it necessary to prepare?• What would happen if you didn't prepare?• How you feel when you are preparing for special times?• What is the best way to prepare for Jesus' coming?
BOOKS	The books used in Church	<ul style="list-style-type: none">• The importance of books in our lives.• The need for books• How books can help us
THANKSGIVING	Mass a special time for saying thank you to God for everything, especially Jesus	<ul style="list-style-type: none">• How you feel when you thank others• How you feel when you are thanked• Why we thank God our Father• How the parish family can spread the message of thanksgiving and peace?
OPPORTUNITIES	Lent an opportunity to start anew in order to celebrate Jesus' new life	<ul style="list-style-type: none">• How each day offers opportunities for good?• What helps a person choose well• The opportunity of Lent offers to make a new start.
SPREAD THE WORD	Pentecost a time to spread the Good News	<ul style="list-style-type: none">• The importance of messages in daily life• The responsibility of passing on messages• The new life of Jesus• How the Holy Spirit helps Christians?• Jesus has promised us new life
RULES	Reasons for rules in the Christian family	<ul style="list-style-type: none">• The importance for ourselves and others of keeping rules.• How rules are necessary in life• How it is sometimes hard to say sorry• How it is sometimes hard to forgive others• The good feeling when people make up• The difference between doing something accidentally and on purpose.

		<ul style="list-style-type: none"> • The importance and helpfulness of examining your conscience every day. • A sorry prayer
TREASURES	God's treasure; the world	<ul style="list-style-type: none"> • What we treasure • What treasures do we share? • We are God's treasure • How we thank God for the treasures of our world • How we should treat the treasures of this earth

YEAR 3

HOMES	God's vision for every family	<ul style="list-style-type: none">• What makes a house a home• What makes home a special place for you• What makes a house a home• Why is family important• The respect of parents and children for one another• What do you like to do at home, on your own and as a family?• What do people do for you at home, that makes you feel special• What is sometimes difficult about sharing and being part of a group at home• God's dream for every family• God is always there
PROMISES	The meaning of the commitment and promises made at Baptism	<ul style="list-style-type: none">• What is good about being in a group• Why we have rules• The importance of making promises• How some promises are more difficult to keep than others?• The link between the promises made the consequences of actions following the promise.• The role of parents and godparents in bringing up the child in the Faith• What it means to live a child of the Light
VISITORS	The coming of Jesus	<ul style="list-style-type: none">• How we welcome visitors• How we feel as a visitor• The importance of preparing for visitors• The joys and demands of visitors
JOURNEYS	Christian family's journey with Jesus	<ul style="list-style-type: none">• Each year has its special times and seasons• Life is a journey• Who is with you on the journey• What makes it good• Difficulties times in the life's journey• What/who helps• How we help one another on the journey

LISTENING & SHARING	Jesus gives himself to us in a special way	<ul style="list-style-type: none"> • The cost of sharing The joys of sharing • The importance of listening well and sharing • The joys and difficulties of listening and sharing • How feelings affect our own and others desire to listen and to share.
GIVING ALL	Lent a time to remember Jesus' total giving	<ul style="list-style-type: none"> • Why people are brave and give themselves to others • The demands of total giving in terms of time and giving up something you what to do • How people give themselves to others • Those in need and how we might help them • Lent an opportunity for giving, growing in goodness • Jesus' total giving
ENERGY	Gifts of the Holy Spirit	<ul style="list-style-type: none"> • The energy of wind and of fire • The best use of power of wind and fire • The inspiration of the Holy Spirit • The power and energy of the Holy Spirit • The prayer to the Holy Spirit • The gifts of the Holy Spirit • Christians can use the gifts of the Holy Spirit to help others
CHOICES	The importance of examination of conscience	<ul style="list-style-type: none"> • The meaning of choice and consequence • The importance of making good choices • What helps in making good choices • Consequences of choices • What it means to examine your conscience • How God is always forgiving
SPECIAL PLACES	Special places for Jesus and the Christian community	<ul style="list-style-type: none"> • How places become special? • What makes a place special? • Special places for you and your family? • Why is our heart a special place? • Keeping our world, a special place? • Why do Christians want to keep the world a special place?

YEAR 4

PEOPLE	The family of God in Scripture	<ul style="list-style-type: none">• The importance of families• Family relationships• Respect for those who gave us life.
CALLED	Confirmation a time to renew baptismal promises	<ul style="list-style-type: none">• Our response to being chosen• What it feels like to be chosen• Why it is difficult to make a response in some situations• Giving up something else when you are chosen.• What help do you need to choose• The work of the Holy Spirit in our lives• The work of the Holy Spirit in the lives of Christians• What it is to live in the light of Christ• The commitment of people who respond to the call of God
GIFT	God's gift of love & friendship in Jesus	<ul style="list-style-type: none">• What you value most about the gift of friendship• What you offer others in your friendship• Why the gift of love and friendship is important?• The joys and demands of friendship• The commitment required by the gift of love and friendship.
COMMUNITY	life in the local Christian community: ministries in the parish	<ul style="list-style-type: none">• The meaning of community• The advantages of being part of a community?• What helps to build up community• The demands of being part of a community?• Why people give time and service in helping others in their community• The causes of a breakdown of a community• How the parish community celebrates together and supports one another
GIVING & RECEIVING	Living in communion	<ul style="list-style-type: none">• Your experience of giving and receiving.• The importance of giving and receiving?• The joys and demands of giving and receiving?• Why it is important to live in communion?• Ways in which we live and grow in communion.

		<ul style="list-style-type: none"> • How the Eucharist challenges and enables living and growing in communion?
SELF DISCIPLINE	Celebrating growth to new life	<ul style="list-style-type: none"> • The experience of giving up something and be very disciplined for a good reason. • How to be self-disciplined • How self-discipline helps people to grow and make the best use of their potential • Lent; the opportunity to make change and to prepare for Christ's Resurrection on Easter Sunday.
NEW LIFE	To hear & live the Easter message	<ul style="list-style-type: none"> • What you do when life is difficult? • The experience of good news bringing life and happiness. • How the power of the Holy Spirit helps Christians today?
BUILDING BRIDGES	Admitting wrong, being reconciled with God and one another.	<ul style="list-style-type: none"> • What makes friendships strong • How decisions about friendship are informed by beliefs and values. • How friendships are built • How friendships may be restored when they have been broken • Sin and the importance of examining of your conscience • The greatest commandment, love of God and others • The meaning of contrition and of absolution • Forgiveness of others
GOD'S PEOPLE	Different saints show people what God is like.	<ul style="list-style-type: none"> • What makes a person do extraordinary things? • How ordinary people do extraordinary things. • The qualities you admire in others • How true happiness can be found • How you can do extraordinary things

YEAR 5

OURSELVES	Created in the image and likeness of God	<ul style="list-style-type: none">• Talents and qualities you admire in others Your own talents and qualities and how you use them• Identify qualities in anyone else• How talents and qualities are developed• We are made in the likeness of God• What being unique means• God's love for us• How Christians are called to live in peace• How people are made in God's image and likeness might live
LIFE CHOICES	Marriage, commitment and service	<ul style="list-style-type: none">• The ingredients of a good friendship What fidelity means and how it applies to friendship• Responsibilities friends have for one another• Difficulties and joys of friendships• What is important for friendship to thrive• What it feels like to have faithful friend• Jesus' advice about relationship?• The importance of fidelity, loyalty and commitment in maintaining a friendship• The importance of commitment and responsibility in relationships• What it means to be committed• The work of Christian service• The Sacrament of Marriage• The symbols of the promises and the blessing of rings• All are called to live in love and service
HOPE	Advent; waiting in joyful hope for Jesus; the promised one	<ul style="list-style-type: none">• Your experience of waiting• How people wait in different ways, for different things• Why waiting is a mystery• How you can best use the time you spend waiting and what might help you• What you think about when you are waiting for something exciting• How you behave when you are waiting• The difference between hope and expect• Why people wait with hope

		<ul style="list-style-type: none"> • The coming of Jesus at the end of time • Advent is a time of waiting hopefully
MISSION	Continuing Jesus' mission in diocese. [ecumenism]	<ul style="list-style-type: none"> • The demands and joys being dedicated in your mission • Discovering your mission? • What inspires people in their mission • The joys and demands of engaging in a mission • The reasons why people want to help others. • How people carry out Jesus' mission today • Jesus' prayer for unity
MEMORIAL SACRIFICE	The Eucharist; the living memorial of Jesus	<ul style="list-style-type: none"> • Why memories are important • How it is possible to keep important memories alive • About sacrifice in daily life
SACRIFICE	Lent a time of giving in order to celebrate the sacrifice of Jesus	<ul style="list-style-type: none"> • How you feel when you give • How you feel when you refuse to give • The cost of giving • How people decide whether or not to give • How those decisions are informed by beliefs and values? • The costs or rewards of giving can be • That Lent is a season of giving to prepare for the Easter
TRANSFORMATION	Celebration of the Spirit's transforming power	<ul style="list-style-type: none"> • How people can use the energy of their minds for the good of others • How people can use time and physical energy for the well-being of others and why they should • How energy can transform • How we can use our energy to transform ourselves • How we can use the energy from the earth's resources in a fair and sustainable way • How the power of the Holy Spirit helps Christians today?
FREEDOM & RESPONSIBILITY	Commandments enable Christians to be free & responsible	<ul style="list-style-type: none"> • What freedom parents have a right to • What freedom children have a right to • What is responsible and irresponsible behaviour • How rules can bring freedom • How people know the boundaries that their personal freedom gives them

		<ul style="list-style-type: none"> • How freedom and responsibility are linked • How people's perception of what their freedom allows may conflict with the expectation of others • Importance of the Ten Commandments for Christians today • How the Beatitudes show us a positive way of life? • Jesus teaching on the greatest commandments, love of God and others
STEWARDSHIP	The Church is called to stewardship of Creation	<ul style="list-style-type: none"> • What I really care about • Showing concern for what I care for • The meaning of stewardship • Understanding the wonders of God's creation • People are made in the image and likeness of God • Christians can be good stewards • The Christian's responsibility to take care of, to be a steward of the earth • The importance of ecology

YEAR 6

LOVING	God who never stops loving	<ul style="list-style-type: none">• What unconditional love means• How love is shown• How you are loved and cared for• What members of your family do for each other?• How you show love to others• How people have inspired and influenced you to show unconditional love to others• What it means to be truly loving• How people show unconditional love to others• The beliefs and values which have inspired and influenced you to be loving?• The scripture text that demonstrate God's unconditional love for everyone even when times are hard.• The challenge these passages present to Christians.• The Beatitudes and their meaning for today.• God's unconditional love and what this means.• By living in God's way, as Jesus showed us, we can grow in love.
VOCATION AND COMMITMENT	The vocation of priesthood and religious life	<ul style="list-style-type: none">• What it means to be committed?• Why people are committed?• The implications of lack of commitment• Whom shows commitment• How commitment affects the level of job satisfaction• Responding to the call of Jesus• Our mission in living out our baptismal vows
EXPECTATIONS	Jesus born to show God to the world	<ul style="list-style-type: none">• The expectations you have of yourself• Having high expectations of others• Trusting and believing in one another• What happens if you let people down or others let you down?• Patience is important in expectations• The difference between wishing and expecting.• The meaning of Advent

SOURCES	The Bible, the special book for the Church	<ul style="list-style-type: none"> • The kind of books which are the most helpful • Our lives are enriched by books. • The wonder of books and how they take a person beyond themselves • The presence of God in the words of Scripture • The care and reverence with which the Word of God is treated
UNITY	Eucharist enables people to live in communion.	<ul style="list-style-type: none"> • Why friendships are important • The most important value in friendship • What helps a friendship to flourish • The kinds of behaviour that break a friendship • Those affected when a friendship is broken • Mending broken friendships • Becoming one with Christ and one another in Holy Communion • The unity which Holy Communion brings
DEATH & NEW LIFE	Celebrating Jesus' death and resurrection	<ul style="list-style-type: none"> • The effect of loss in everyday life • The change it brought • What remained the same • What is the best way to cope with loss? • How people cope with loss and death • How death brings new life • Lent, a time to remember the suffering and death of Jesus
WITNESSES	The Holy Spirit enables people to become witnesses	<ul style="list-style-type: none"> • When to be a witness • How to be a witness • Why it sometimes needs courage to be a witness • Examples of modern witnesses • The witness of a local charity,
HEALING	Sacrament of the Sick	<ul style="list-style-type: none"> • Showing compassion and care for those who are ill • Our attitude towards those people are ill in their minds • Helping, caring and understanding those with a learning disability. • What gives a person comfort when they are very ill • Why people give time and commitment to caring for others • Why we care for the sick • The Sacrament of Anointing brings comfort to those who are sick • The Christian responsibility for caring for these in need

COMMON GOOD	Work of Christians for the good of all	<ul style="list-style-type: none"> • How we build a fair and just world • The difference between fairness and justice, unfairness and injustice • Helping to promote the dignity and common good of one another • Beatitudes; a guide from Jesus about how to live life. • The ways we can act justly, love tenderly and walk humbly with God • How Christians can work for the common good • Something about Catholic Social Teaching
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