



RSHE 2023 – 2024

**Our Lady of Perpetual Succour
Catholic Primary School**

**Relationship, Sex and Health Education
(RSHE)**



School & Home Partnership

We aim to inform you of:

the school's legal obligations on Relationships and Sex Education
your rights as a parent/carer

Influences on our children today



- The internet
- Television
- Social media
- Other media
- Friends
- Family
- School

What is RSHE?

RSHE stands for:

Relationship, Sex and Health Education

- Our teaching of RSHE comes under the PSHE umbrella.
- Our curriculum incorporates all the statutory requirements of the PSHE curriculum so as to enable our children to grow into responsible, respectful, resilient and tolerant young people.



What does the government say is the aim of Relationships Education?

‘Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline....children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way’

DfE Guidance on Relationships Education, Sex Education and Health Education 2019



What have schools got to teach?

IN PRIMARY SCHOOLS:

- RELATIONSHIPS EDUCATION IS COMPULSORY
- HEALTH EDUCATION IS COMPULSORY
- **But Sex Education is NOT**

• IN SECONDARY SCHOOLS:

- RELATIONSHIPS EDUCATION IS COMPULSORY
- SEX EDUCATION IS COMPULSORY
- HEALTH EDUCATION IS COMPULSORY
- Guidance does not apply to: Sixth Forms colleges, 16-19 academies or FE colleges



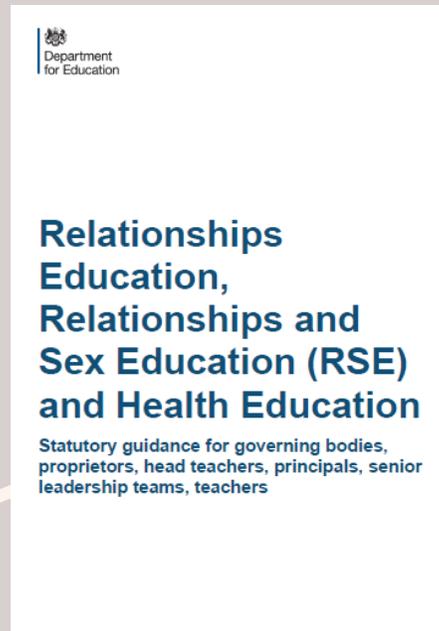
What are the expectations for Primary Health Education?

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic First Aid
- Changing adolescent body



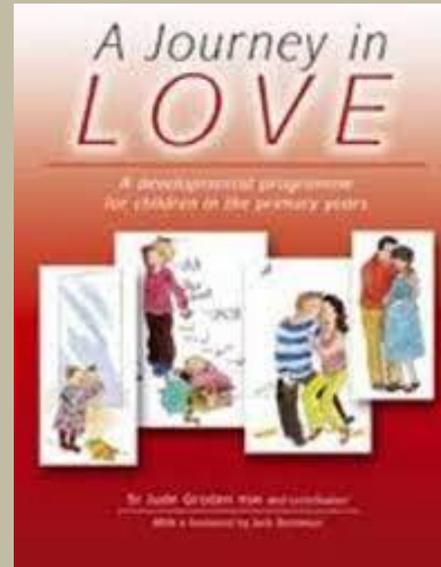
WHAT ARE THE EXPECTATIONS FOR PRIMARY RELATIONSHIPS EDUCATION?

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



How is RSHE taught?

- PSHE and RSHE are taught alongside one another
- RSHE teaches children about how they grow both physically and emotionally from childhood to adulthood.
- The programme we use to teach RSHE is:
'Journey in Love.'



RSHE is the lifelong learning about physical, moral and emotional development.

It is the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care.

It is also about the teaching of the creation of new life.



- RSHE forms a part of the RE, PSHE and Science Curriculum
- Science, RE, PSHE and RSHE will have overlapping areas
- Our key objective is the well-being of the child
- Parents have the right to withdraw their children from elements of RSHE education
- We believe parents are the prime educators of their children
- The school, church and family will work together; our role as a school is to support you and not to replace you.



A Journey in Love

The central message of the Christian faith is love.

The central message of our RSHE teaching is love.

“My commandment is this: love one another, just as I have loved you”

John 15:12



Approved by the Archdiocese, the programme teaches that:

- The journey begins at the moment of our conception *God is at the heart of love*
- Puberty can be an extremely confusing time for children, our message will be that *even in this confusion, God is there*
- The Sacrament of marriage publicly declares the commitment of each spouse to the other permanently in the acknowledgement that it is God-given.



The structure of *A Journey in Love*

- The programme is made up of 3 areas:
 - Social and Emotional
 - Physical
 - Spiritual
- Each area is broken down into:
 - Activities
 - Pause & Reflect
 - Prayer



***What will
'A Journey In
Love' look like in
each year group?***



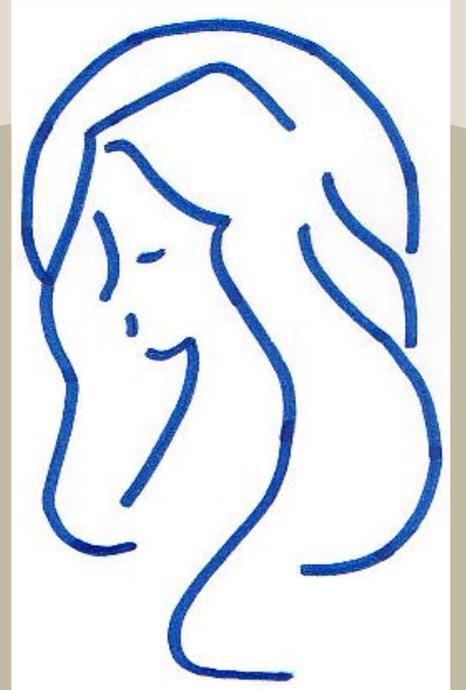
EYFS

The wonder of being special and unique

- Children will begin 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

Examples of Early Years 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?



Year 1

We meet God's love in our family

- Children will focus on families and specially growing up in a loving, secure and stable home.

Examples of Year 1 questions:

- How is love shown in your family?
- Why are the words 'please', 'thank you' and 'sorry' important to create a happy family?
- Why is teasing and bullying wrong and unacceptable within families and friendships?
- Why should we always tell the truth?



Year 2

We meet God's love in the community

- Children will begin to describe how we are growing and developing in diverse communities that are God-given.

Examples of Year 2 questions:

- How would you describe a community?
- What are the joys of belonging to a community?
- How do different individuals enrich a community?
- What do you bring to the community that you belong to?



Year 3

How we live in love

- Children will describe and give reasons for how we grow in love in caring and happy friends where we are secure and safe.

Examples of Year 3 questions:

- How do friendships make us feel happy and secure?
- How can friendships change?
- Why is violence never the answer?
- What Bible stories teach us about the beauty of forgiveness?



Year 4

God love us in our differences

- Children will begin 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.

Examples of Year 4 questions:

- In what ways is being polite and courteous helping to make a better world to live in?
- How do authority figures help communities and societies work together better?
- How do we respect others even when they are different from ourselves?
- How can your gifts be used for the common good?



Year 5

God loves us in our changing and developing

- Children will begin to 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.

Examples of Year 5 activities:

- Identify and celebrate the ways I have changed since birth
- Discuss the external and internal changes which happen to boys and girls in puberty.
- Recognise behaviour changes as we grow up
- Reflect on ways to become more sensitive to the emotional development of oneself and of others



Year 6

The wonder of God's love in creating new life

- Children will begin 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.

Examples of Year 6 activities:

- Explain how human life is conceived
- Recognise male and female reproductive organs. Explain how human life is conceived.
- Understand how a child grows within the mother's womb
- Understand that God causes new life to begin through the love that parents have for each other
- Celebrate God's creative love in creating us as his children





**Thank for listening.
Any questions?**