

St Antony's Catholic Primary School

Relationship, Sex and Health Education
Parent information



Father,

Thank you for Your great love for us. You sent Your only Son to live with us and show us how to love.

As we explore teaching about relationships to the young people in our school, help us to keep them and Christ at the centre of our minds.

May the Holy Spirit bring us wisdom and peace in guiding our conversations.

We commend to You our words and actions.

Amen

Prayer



DfE:



Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies,
proprietors, head teachers, principals, senior
leadership teams, teachers

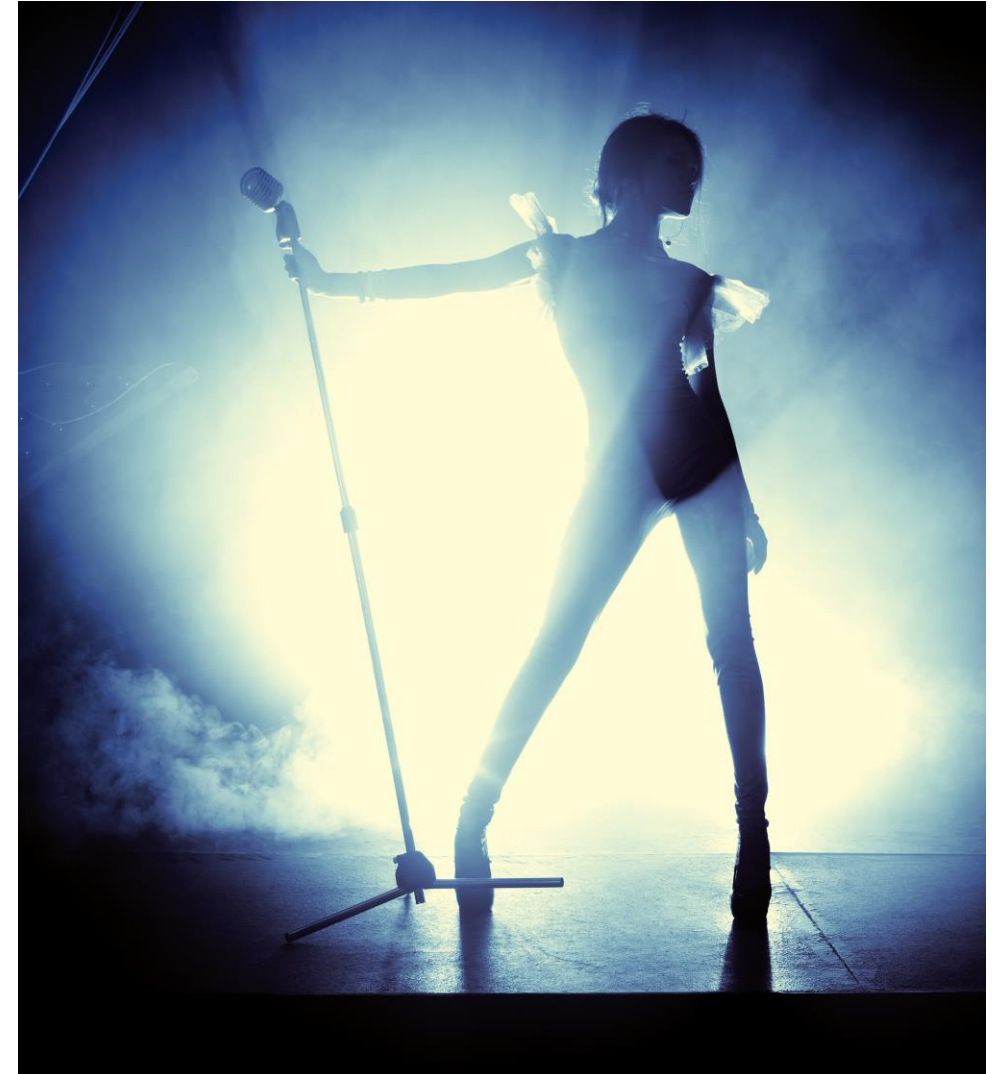
‘Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline....children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way’

Music and lyrics

<https://www.youtube.com/watch?v=bFDzhKdrNgM>

Heard he in love with some other chick
Yeah yeah, that hurt me, I'll admit
Forget that boy, I'm over it
I hope she gettin' better sex
Hope she ain't fakin' it like I did, babe
Took four long years to call it quits
Forget that boy, I'm over it

'Shout out to my ex' by Little Mix



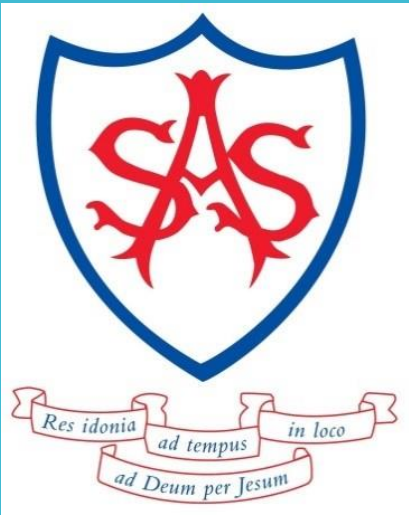
Today's considerations

The internet
Television
Social media
Other media
Friends
Family
School

twitter



School and home partnership



We aim to inform you of:

- the school's legal obligations on Relationships and Sex Education
- your rights as a parent/carer
- how, what, why and when we intend to teach your children

Was this the best way?

What myths and misconceptions did you hear?

What was your experience of Sex Education?



Was there anything that you didn't understand?

Was there anything you were frightened about?

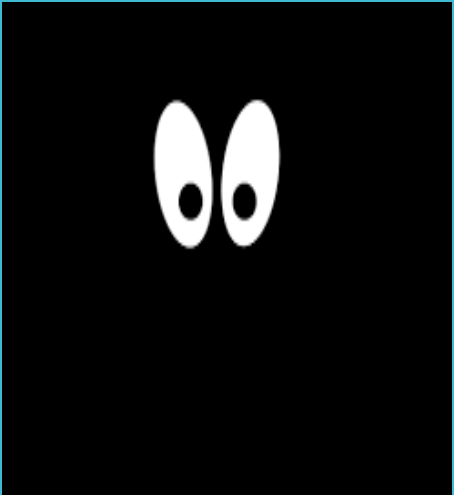
Has the world changed since then?

What do you want for your children?

**What do your
children need?**



Which teaching approaches to RSE do these pictures represent?



Which approach is best?

**Accurate
information at
the right age
and stage of
development,
coming from
school AND
home.**

Why is RSE important?

Research shows that effective, honest, well-delivered sex and relationship education:

Delays a young person's first experience of sex

Means they have fewer sexual partners

Reduces the chance of teenage pregnancy.



Most importantly, it allows children to develop the virtues and values that they will need in the future:

- About their own self worth
- About developing loving relationships
- About our catholic faith

What have schools got to teach?



Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies,
proprietors, head teachers, principals, senior
leadership teams, teachers

PRIMARY

RELATIONSHIPS EDUCATION IS COMPUSLORY

HEALTH EDUCATION IS COMPULSORY

Sex Education is at school's discretion, although recommended

SECONDARY

RELATIONSHIPS EDUCATION IS COMPULSORY

SEX EDUCATION IS COMPULSORY

HEALTH EDUCATION IS COMPULSORY

What are the expectations for Primary Health Education?



Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers

- 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 (Puberty)

What are the expectations for Primary Relationships Education?



Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies,
proprietors, head teachers, principals, senior
leadership teams, teachers

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

Principles of Catholic RSHE

- Parents are a child's first educators.
- Our bodies are good.
- As we grow in loving relationships, we become closer to the image and likeness of God.
- Our deepest identity is as a child of God.
- Is an education in virtue and conscience.
- Is about striving for the Common Good.



March 2016, Pope Francis: “The Joy of Love” (Amoris Laetitia):

“ The Second Vatican Council spoke of the need for ‘a positive and prudent sex education’ to be imparted to children and adolescents ‘as they grow older’... We may well ask ourselves if our educational institutions have taken up this challenge.” Amoris Laetitia (AL) 280

March 2017, the Dept. of Catholic Education and Formation Catholic Bishops’ Conference of England & Wales - “Learning to Love”:

“ We expect all Catholic schools to ensure that space is made in the curriculum for Relationship and Sex Education (RSE). The content of what is taught must express the teaching of the Church, and should be delivered to suit the age of the children or young people to whom it is addressed.”

“ We all need to recognise that without providing an education in this area, we leave many young people vulnerable to receiving their education second-hand, and often from sources which damage them and their capacity to love.”

3 core themes of Learning to Love:

- Created and loved by God
- Created to love others.
- Created to live in Community.

Learning to Love:

<https://www.catholiceducation.org.uk/images/Learning2love.pdf.pdf>



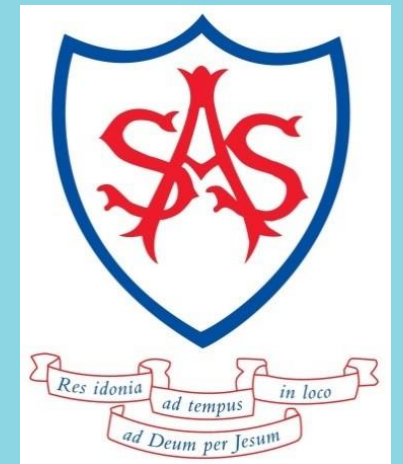
Love YOUR
neighbor
as yourself.
MATTHEW 22:39

Although Jigsaw aligns to Learning to Love in many aspects, we have enhanced its content through:

- Teaching Brentwood Diocese's new A Journey in Love curriculum in addition to Jigsaw.
- Adding our own additional content based on Learning to Love document.
- Including prayer, scripture and religious music and art in Jigsaw lessons.

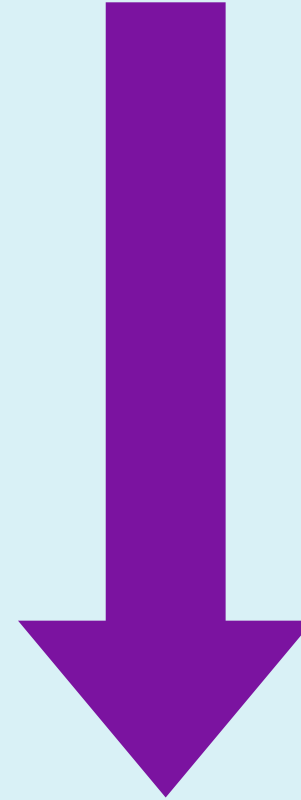
Jigsaw document - how it supports Catholic RSE:

<https://jigsaw3-11.com/wp-content/uploads/2020/09/How-can-Jigsaw-support-Catholic-schools-in-delivering-RSHE-in-line-with-Learning-to-Love.pdf>



So what do
we teach
and when?

Being Me in My World
Celebrating Difference
Dreams and Goals
Healthy Me
Relationships
Changing Me



Relationships, Puberty and Reproduction in Jigsaw 3-11



Relationships

Families
Friendships
Love and Loss
Memories
Grief cycle
Safeguarding and keeping safe
Attraction
Assertiveness
Conflict
Own strengths and self-esteem
Cyber safety and social networking
Roles and responsibilities in families
Stereotypes
Communities



Changing Me

Life cycles
* How babies are made
My changing body
* Puberty
Growing from young to old / Becoming a teenager
Assertiveness
Self-respect
Safeguarding
Self and body image
Attraction
Change / Accepting change
Looking ahead / Moving class/schools

EYFS & KS1 Curriculum

EYFS	Growing up	How we have changed since we were babies
Year 1	My changing body	Understanding that growing and changing is natural and happens to everybody at different rates.
	Boys' and girls' bodies	Appreciating the parts of the body that make us different and using the correct names for them
Year 2	Changing me	Where am I on the journey from young to old and what changes can I be proud of?
	Boys and girls	Differences between boys and girls – how do we feel about them? Which parts of me are private?

Lower KS2 Curriculum

Year 3	How babies grow and change	Understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby. Understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow.
	Stereotypes in parenting roles	Start to recognise stereotypical ideas I might have about parenting and family roles.
Year 4	Outside body changes	How our bodies need to change so they can make babies when we grow up – outside changes and how we feel about them

Year 5 Curriculum

Year 5	Inside body changes	How our bodies need to change so they can make babies when we grow up – inside changes and how we feel about them
	Puberty for girls	How a girl's body changes so that she can have a baby when she's an adult – including menstruation. Physical changes and feelings about them – importance of looking after yourself . The female reproductive system
	Puberty for boys	Developing understanding of changes for both sexes – reassurance and exploring feelings He male reproductive system

Year 6 Curriculum

Year 6	Conception	Understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of a new life.
	Girl talk / boy talk	A chance to ask questions and reflect.
	Conception to birth	The story of pregnancy and birth.

LGBT+ Equality

What the DfE RSHE guidance says

‘Schools are required to comply with relevant requirements of the Equality Act 2010.

**‘Schools should be alive to issues such as everyday sexism, misogyny, homophobia and gender stereotypes and take positive action to build a culture where these are not tolerated, and any occurrences are identified and tackled.’ - Para 31
page 13**

What the Catholic Church says

- We are all children of God, created and loved by Him.
- All individuals are unique, equal and precious
- We are called to respect and preserve the dignity of all.

Catholic RSHE:

Does not promote a way of life, but states the facts and answers questions honestly and in love.

“ If a person is gay and seeks the Lord and is of good will, who am I to judge him? ”

- POPE FRANCIS

July 29, 2013

