



Journey in Love Relationships and Sex Education



A Guide for Parents

The school uses the Journey in Love programme as part of our Relationship and Sex Education curriculum, this links with our RE Curriculum, Thrive programme, and the National Science Curriculum. The RSE is a statutory curriculum introduced by the DFE .

The curriculum is taught in an age appropriate way, with strong links to the Science and RE curriculums and the other programmes we have already in school.

OM Health and Well-being work with class teachers to help the children understand the changes in their bodies that take place during puberty as part of the Science Curriculum. In the summer term they provide workshops for yr 5 girls, and yr 6 boys and girls. The sessions sensitively explain the changes and provide opportunities for the children to ask questions. Staff and OM H&W will answer questions where appropriate. If we feel questions are better discussed at home we will speak to parents and let them know. Parents can request to withdraw their child from sex education other than that which is delivered as part of the Science curriculum. Any request should be made in writing to the headteacher/ head of school.

The teaching is organised in year groups around a theme. Each of the themes are then broken down into three areas: Social and Emotional, Physical and Spiritual.

At the heart of the teaching is the belief that we are all made in the image and likeness of God, so gender and sexuality are God's gift, reflecting his beauty and sharing in divine creativity. In order for children to flourish and grow healthily and holistically towards an understanding of their gender and its implications for successful relationships, they must be at ease with themselves and deepen their self knowledge.

Through the different age appropriate themes, taught through the three areas of study, the children come to recognise and celebrate their uniqueness and their beauty and learn to appreciate that in other people.

The children are reminded of the God's new covenant to love thy neighbours like you love yourself, and through love and respect of themselves they can truly appreciate the gifts of other people. There is an emphasis on Catholic marriage and the Pope Francis's two encyclicals, *Amoris Laetitia* [the joy of love] and *Laudato Si* [care for our common home]. To ensure the principles of Catholic doctrine are explored and upheld.

Year Groups	Themes	Aims	Key Vocabulary
EYFS	The wonder of being special and	To explore the wonder of being special and unique	God, wonder, love, hands, fingers, nails, faces, noses, lips, ears, hair, features, colour, shape, size, unique, belonging, different, special, womb, describe,
Year 1	We meet God's love in our family	To focus on families and specially growing up in a loving, secure and stable home.	God, unique, friend, respect, secure, care, commitment, stable, important, signs healthy, safe, boundaries, kindness, teasing, bullying positive, negative, wrong, unacceptable, truth, lies, teeth, tongue, throat, neck, shoulders, arms, breasts, nipple, waist, elbow, penis vagina, vulva, bottom anus, legs, knees,
Year 2	We meet God's love in the community	To describe we are growing and developing in diverse communities that are God given	God-given, community, local, impact, responsibility, harm, improve, family, diverse, father, mother, carer, guardian, feelings, recognise, emotions, friendships, relationships, secrets, stereotypes respect,
Year 3	How we live in love	To describe and give reasons for how we grow in love in a caring and happy friendships where we are secure and safe	God-given, feeling, emotions, friends, loyalty, kindness, reasons, difficulties,, forgiveness

Year groups	Themes	Aims	Key Vocabulary
Year 4	God loves us in our differences	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	God, gifts, talents, difference, development, change, stereotype, acceptance, cultural, biological, respect, courtesy, manners, sensitivity, religious belief, bullying, polite, uniqueness, innate,
Year 5	God loves us in our changing and developing	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, and grow further in recognising God's presence in our daily lives.	God, puberty, presence, celebrate, external, internal, change, develop, ovulation, respect, reproduction, menstrual cycle, hormones, pituitary gland, testosterone, uterus, fertilised ovum, fallopian tube,
Year 6	The wonder of God's Love in creating a new life	To develop a secure understanding of what stable and 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.	God, Christian, dignity, sexuality, intercourse, fallopian, cervix, fiancé, fiancée, marriage, conceive, uterus, appropriate, relationship,

Some parents may be surprised that the correct biological vocabulary is taught for genitalia from the beginning of the programme. This has been done so all children are using correct vocabulary; they may be familiar with family terms used for certain body parts, but through the use of the correct vocabulary we are teaching them respect and love for their bodies, whilst protecting children from unwanted touch by giving them the correct vocabulary to use.