



St. Ethelbert's RCP

Relationships & Sex Education (RSE) Overview for Parents

The content for our RSE provision has come from two sources:

- *A Journey in Love* – a Catholic RSE scheme
- SCARF PSHE scheme

The delivery of Relationships and Sex Education is now a statutory requirement for primary schools.

The following elements cover '*the changes which occur in growing older*' part of the curriculum:

- In Y1, the children will learn how babies learn to crawl and then walk; eat solid food etc. In Y4, the children are introduced to the term '*puberty*' and how this is related to reproduction. (This is revised in much more detail in Y5 & Y6) This is part of the Health Education & Science Curriculum so children cannot be withdrawn from these lessons.

The following elements cover Sex Education:

- The Department for Education recommends that children are taught how a baby is conceived and born using the knowledge of the human life cycle from the Science curriculum. This is covered in year 6 and parents may request that their child is withdrawn from these specific sessions.

Class	Theme	The children will:
Y1	We Meet God's Love in our Family	<ul style="list-style-type: none">• Discuss how people in their families protect them and keep them safe• Know about the boundaries and rules which keep them safe• Discuss the different types of help they needed as a baby and how this has changed now they are older• Reflect on how they have changed over time• Recognise the differences between positive and negative relationships – bullying• Understand the difference between a surprise and a secret• Understand the difference between a good secret and a bad secret• Know the names of body parts, including the scientific terms for genitalia• Celebrate how God loves and cares for us (collective worship)
Y2	We Meet God's Love in our Community	<ul style="list-style-type: none">• Know about different kinds of communities• Identify people in our community who help us

		<ul style="list-style-type: none"> • Recognise the qualities of special people in our community • Reflect on their own gifts and talents which could be of benefit to our community • Learn some simple first aid skills which could help someone in the community • Reflect on what it is like to join or leave a community • Learn about the importance of respecting the privacy of people in our community • Know the names of body parts, including the scientific terms for genitalia • Celebrate ways of meeting God in our communities (collective worship)
Y3	How we Live in Love - Friendship	<ul style="list-style-type: none"> • Understand that there are different kinds of relationships – e.g. relatives; acquaintances; friends • Recognise the positive qualities and actions which help to make good friendships • Discuss the reasons why friendships might break down • Understand the need to respect people’s personal space • Recognise when physical contact is / is not appropriate • Understand the difference between a secret and a surprise • Understand the difference between safe and unsafe secrets • Know the names of body parts, including the scientific terms for genitalia • Learn some simple first aid skills which could help our friends and family • Celebrate the joy of living in friendship with God and others (collective worship)
Y4	God Loves us in all our Differences	<ul style="list-style-type: none"> • Develop strategies to deal with change • Recognise positive & negative feelings • Develop strategies to deal with conflict – e.g. learning to compromise • Know the names of body parts, including the scientific terms for genitalia • Understand the term ‘puberty’ and its link with reproduction • Recognise their own positive qualities and talents • Appreciate and respect people’s differences • Understand the difference between a secret and a surprise • Understand the difference between safe and unsafe secrets • Learn some simple first aid skills • Celebrate our unique gifts (collective worship)
Y5	God Loves us in our Changing & Developing	<ul style="list-style-type: none"> • Recognise that there is a normal range of emotions • Develop ways of expressing their emotions • Develop strategies to help build resilience • Identify people they can trust • Understand which kinds of touch are appropriate / inappropriate • Develop strategies for dealing with situations which they find uncomfortable • Learn about the physical and emotional changes which occur during puberty • Identify the consequences of positive / negative behaviour on themselves and others • Learn strategies to help resolve conflict

		<ul style="list-style-type: none"> • Understand the difference between safe/ unsafe secrets • Learn some simple first aid skills • Celebrate the joy of growing physically and spiritually (collective worship)
Y6	<p>The Wonder of God's Love in Creating New Life</p>	<ul style="list-style-type: none"> • Develop positive strategies which will help them deal with change • Recognise the pressures that society brings regarding body image • Recognise the qualities that they and other people have beyond their looks • Understand the risks of sharing images online and recognise how to identify and report risks • Understand the changes which occur during puberty • Understand what Female Genital Mutilation is and know that it is an illegal practice in the UK • Understand the difference between a safe / unsafe secret • Identify situations where a person might have to break a confidence to keep someone safe • Learn some simple first aid skills • Celebrate the wonder of human creation (collective worship) • Learn how a baby is made, including conception and issues around consent – parents have the right to withdraw their children from this aspect of the provision.