


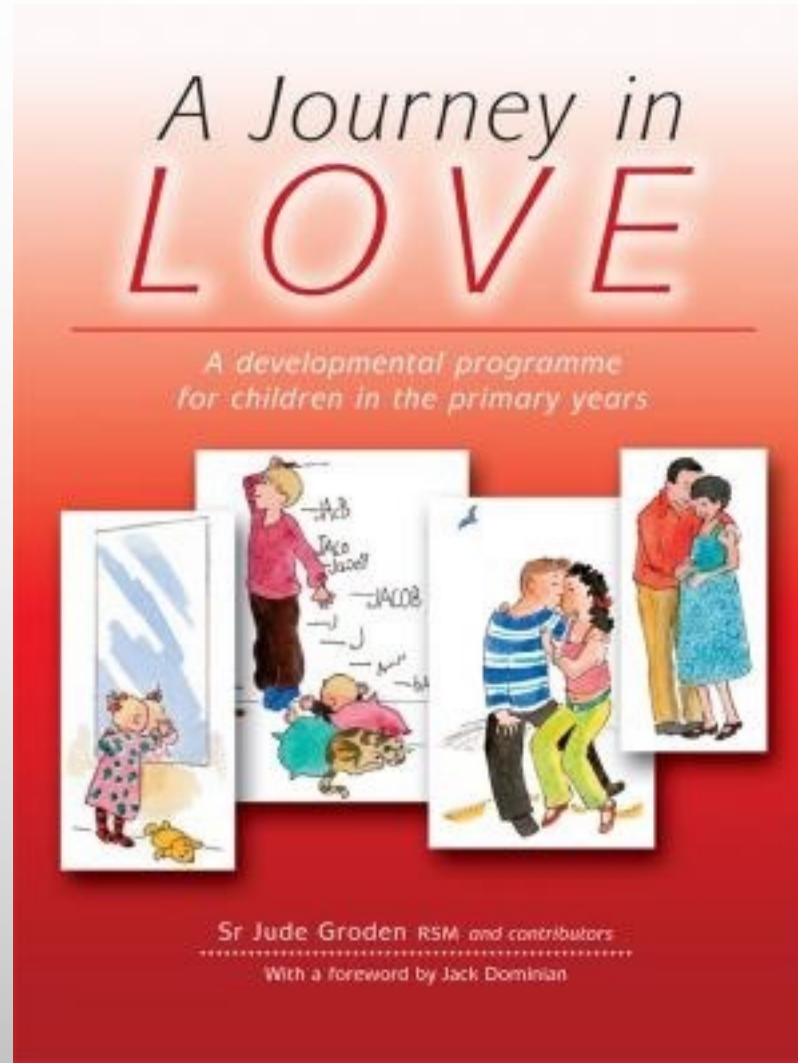


# PARENT'S RSE INFORMATION

2022=2023



# RELATIONSHIPS AND SEX EDUCATION



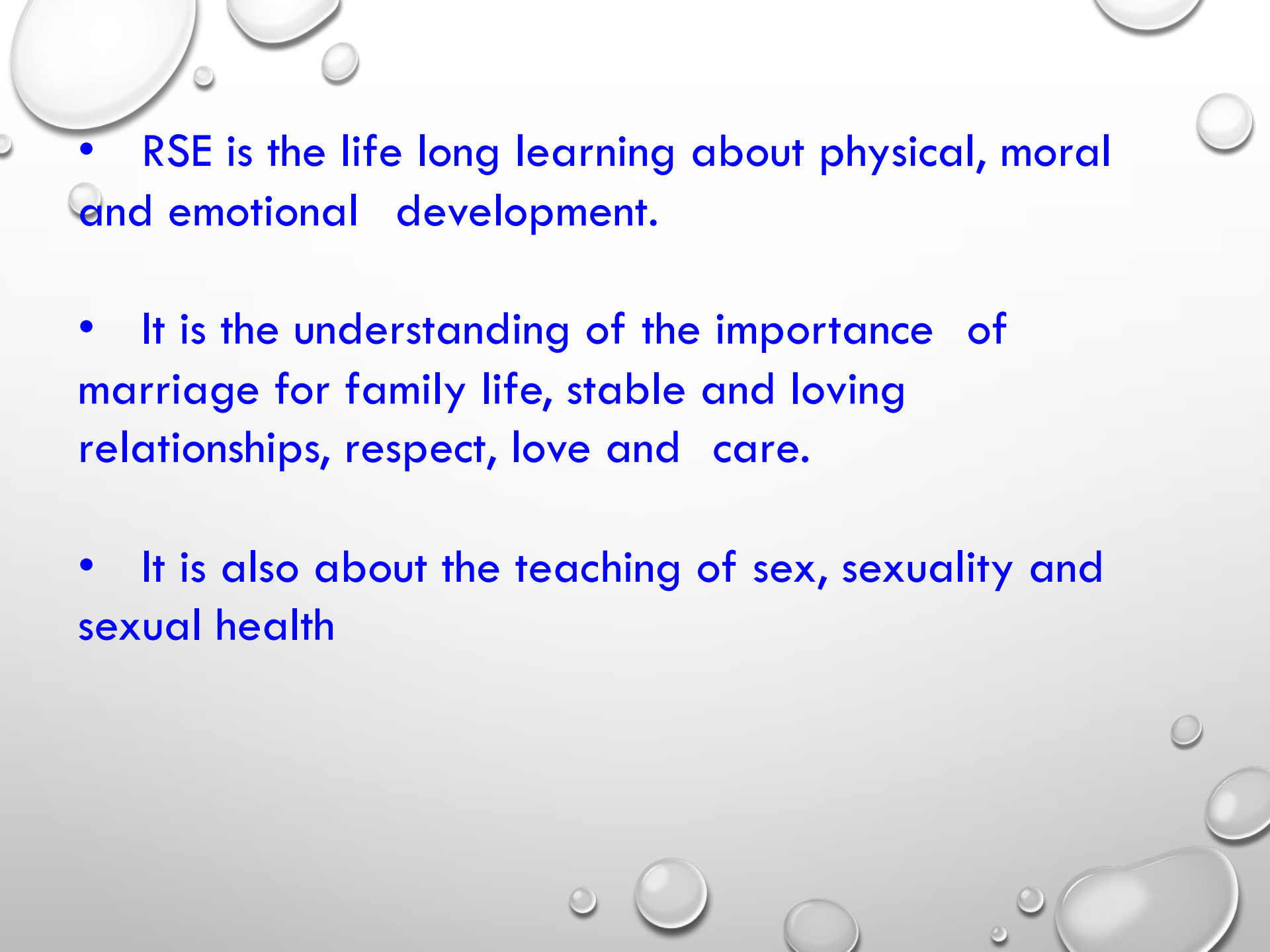


## ❖ What is RSE?

- The place of RSE in the curriculum of a Catholic School

## ❖ *A Journey in Love*

- An introduction to the programme
  - Its structure and content
- 

- 
- RSE is the life long 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 sex, sexuality and sexual health





# ***A JOURNEY IN LOVE***

THE CENTRAL MESSAGE OF THE CHRISTIAN FAITH IS LOVE. THE CENTRAL MESSAGE OF OUR RSE TEACHING IS LOVE.

“MY COMMANDMENT IS THIS: LOVE ONE ANOTHER, JUST AS I HAVE LOVED YOU”

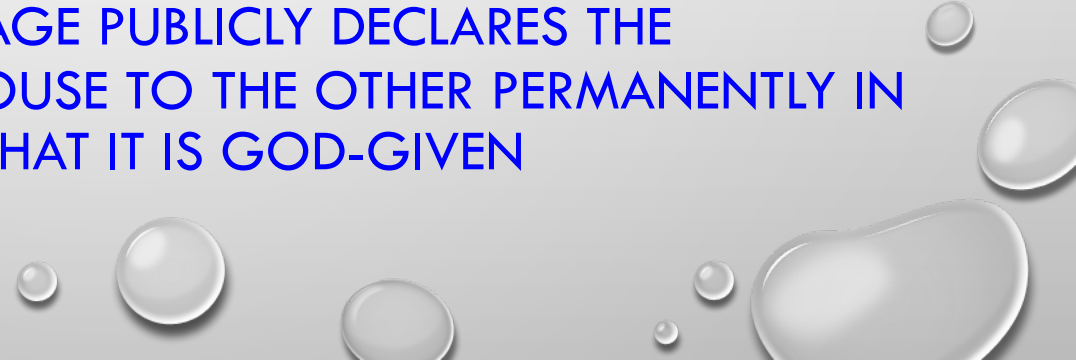
JOHN 15:12





# ***A JOURNEY IN LOVE***

APPROVED BY THE DIOCESE, 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
- 




# ***A JOURNEY IN LOVE***

THE PROGRAMME IS MADE UP OF 4 AREAS:

- PHYSICAL
- SOCIAL
- EMOTIONAL
- INTELLECTUAL

EACH AREA IS BROKEN DOWN INTO:

- ACTIVITIES
  - PAUSE & REFLECT
  - PRAYER
- 

# RECEPTION

- CHILDREN KNOW AND UNDERSTAND THAT GOD HAS MADE THEM UNIQUE AND THAT ALTHOUGH WE ARE ALL DIFFERENT WE ARE ALL SPECIAL TO HIM.

## EXAMPLES OF RECEPTION ACTIVITIES:


- A GRAPH OF EYE COLOURS
- WHY WAS I GIVEN MY NAME?
- WHO ARE MY FRIENDS?
- I GREW FOR 9 MONTHS IN MY MUMMY'S TUMMY, JESUS GREW FOR 9 MONTHS IN MARY'S WOMB



# **YEAR 1**

**CHILDREN KNOW AND UNDERSTAND THAT THEY ARE GROWING AND DEVELOPING AS MEMBERS OF THEIR OWN FAMILY AND GOD'S FAMILY.**

## **EXAMPLES OF YEAR 1 ACTIVITIES:**

- **DRAW A PICTURE OF MY FAMILY**
  - **HOW OLD WAS I WHEN I LEARNED TO CRAWL, SPEAK ETC.**
  - **HOW CAN I HELP AT HOME?**
  - **WE ARE MEMBERS OF GOD'S FAMILY**
- 

## **YEAR 2**

- CHILDREN KNOW AND UNDERSTAND THAT THEY ARE GROWING AND DEVELOPING IN A GOD-GIVEN COMMUNITY.

### **EXAMPLES OF YEAR 2 ACTIVITIES:**

- WHAT IS COMMUNITY?
- EXPLORE SCHOOL AS A COMMUNITY
- HOW CAN WE CONTRIBUTE TO THE COMMUNITY?
- AS CHILDREN OF GOD, HOW SHOULD WE HELP EACH OTHER?

# YEAR 3

- CHILDREN KNOW AND UNDERSTAND THE VIRTUES ESSENTIAL TO FRIENDSHIP E.G. LOYALTY, RESPONSIBILITY AND EXPERIENCE THE IMPORTANCE BOTH OF FORGIVING AND BEING FORGIVEN AND OF CELEBRATING GOD'S FORGIVENESS.

## EXAMPLES OF YEAR 3 ACTIVITIES:

WHO CARES FOR ME AT HOME, SCHOOL, PARISH, COMMUNITY?

- HOW DO YOU KEEP SAFE?
- HOW DO YOU TAKE CARE OF OTHERS?
- HOW DO YOU FEEL IF A FRIEND IS NOT THERE FOR YOU OR YOU ARE NOT THERE FOR THEM?
- HOW CAN I FORGIVE AND INCLUDE OTHERS AS JESUS DID?

# YEAR 4

- CHILDREN KNOW AND UNDERSTAND THAT THEY ARE ALL DIFFERENT AND CELEBRATE THESE DIFFERENCES AS THEY APPRECIATE THAT GOD'S LOVE ACCEPTS US AS WE ARE AND AS WE CHANGE.

## EXAMPLES OF YEAR 4 ACTIVITIES:

- RECOGNISE ALL PUPILS GROW AND DEVELOP AT A DIFFERENT RATE
- NAME MALE AND FEMALE BODY PARTS
- IDENTIFY THE DEVELOPMENT OF THE BABY IN THE WOMB
- HOW DO I APPRECIATE MY OWN AND OTHERS GIFTS, TALENTS, ACHIEVEMENTS AND ALL THAT MAKES US UNIQUE
- ST PAUL'S TEACHING ON LOVE



# YEAR 5

- CHILDREN KNOW AND BECOME AWARE OF THE PHYSICAL AND EMOTIONAL CHANGES THAT ACCOMPANY PUBERTY- SENSITIVITY, MOOD SWINGS, ANGER, BOREDOM, ETC. AND GROW FURTHER IN THEIR UNDERSTANDING OF GOD'S PRESENCE IN THEIR 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
- CHILDREN SHARE THEIR UNDERSTANDING OF CHANGE THROUGH POETRY, PRAYER, ART ETC.

## **YEAR 6**

- CHILDREN DEVELOP, IN AN APPROPRIATE WAY FOR THEIR AGE, AN UNDERSTANDING OF SEXUALITY AND GROW FURTHER IN THEIR APPRECIATION OF THEIR DIGNITY AND WORTH AS CHILDREN OF GOD.

### **EXAMPLES OF YEAR 6 ACTIVITIES:**

- EXPLAIN HOW HUMAN LIFE IS CONCEIVED
- MALE AND FEMALE REPRODUCTIVE ORGANS
- SEXUAL INTERCOURSE BETWEEN HUSBAND AND WIFE
- HOW A CHILD GROWS WITHIN THE MOTHER'S WOMB
- HOW WE OFTEN USE THE WORD LOVE TOO CASUALLY
- UNDERSTAND THAT GOD CAUSES NEW LIFE TO BEGIN THROUGH THE LOVE THAT PARENTS HAVE FOR EACH OTHER

# RECEPTION



***GOD LOVES EACH OF US IN  
OUR UNIQUENESS***

1 A Journey in Love - Reception



# OBJECTIVE

*Know that there  
is no one more  
special than me.*



*Know that God  
made me and  
loves me as I am.*

# Keywords



God  
Unique  
Special  
Eyes

Hair  
Boy/Girl  
Hands  
Fingers  
Name

Family  
Love  
Womb  
Describe



# YEAR FOUR



*GOD LOVES US IN OUR DIFFERENCES*

1 A Journey in Love – Year 4





# OBJECTIVES

- *Know that God has made us different from one another.*

- *KNOW THAT GOD LOVES US  
IN OUR DIFFERENCES.*



# KEYWORDS

GOD,  
GIFTS,  
TALENTS,  
DIFFERENCE,  
DEVELOPMENT,  
CHANGE,  
MALE AND FEMALE  
BODY PARTS,

CONFLICT,  
APPRECIATE,  
CELEBRATE,  
ACHIEVEMENT,  
SENSITIVITY,  
RESPECT.





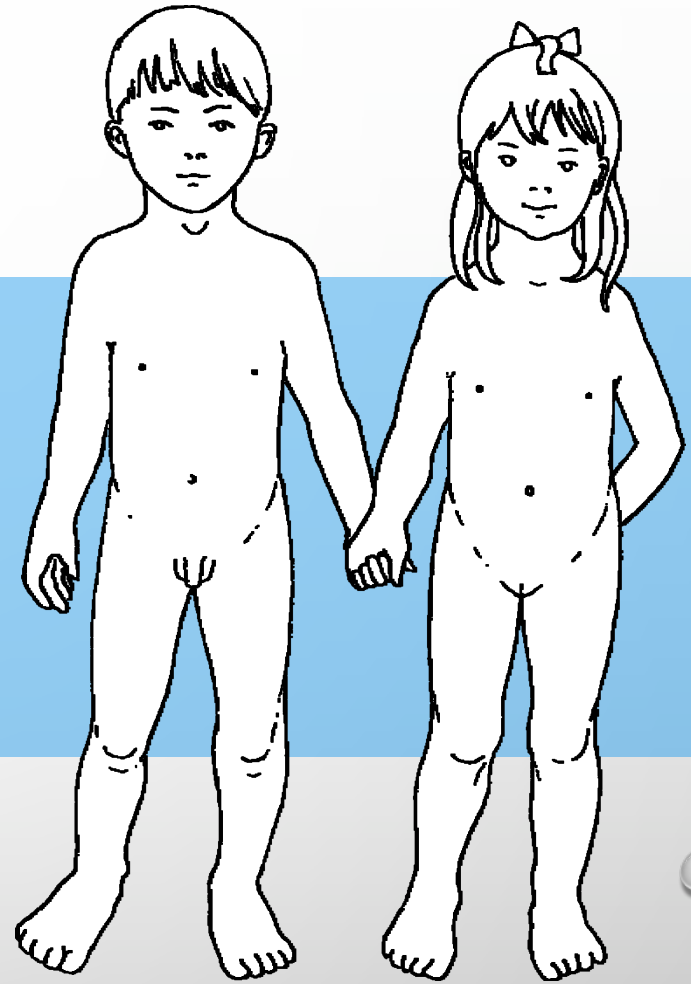
# PHYSICAL

*WE GROW AND DEVELOP AT DIFFERENT RATES.  
WE ARE DIFFERENT SHAPES AND SIZES.*



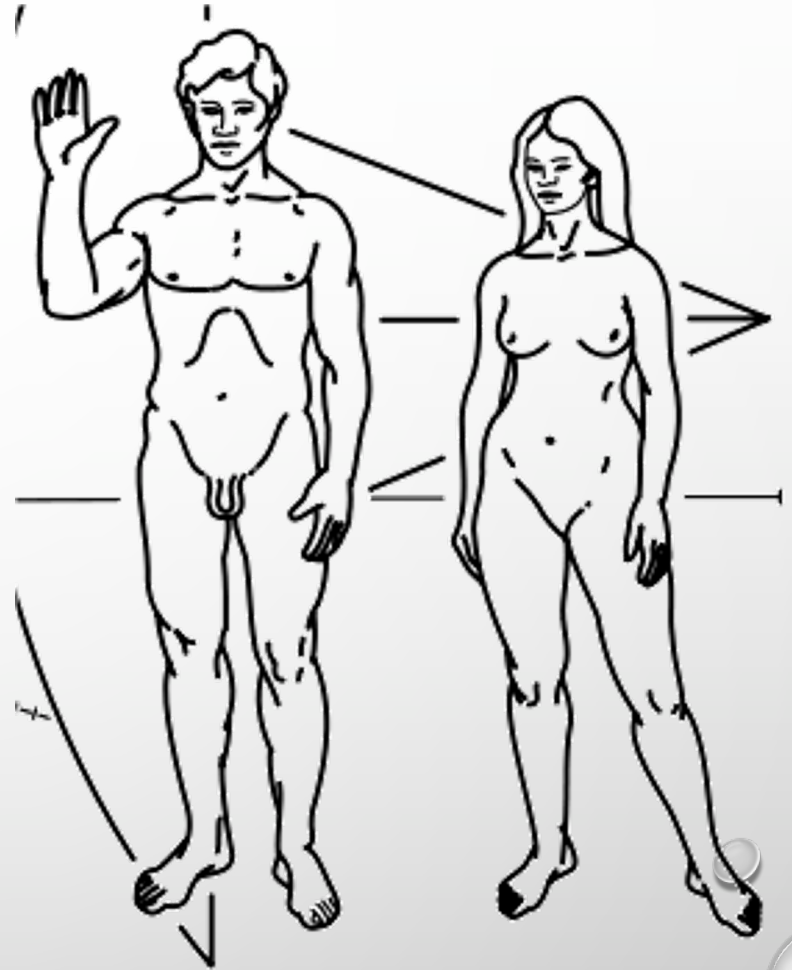
# *BOYS AND GIRLS ARE DIFFERENT*

*What are the  
differences?*



# *Men and women are different*

*What are the differences?*



*MAN, WOMAN, BOY OR GIRL...*

*We are each unique...*

*...we accept ourselves  
and each other.*



7 A Journey in Love - Year 4

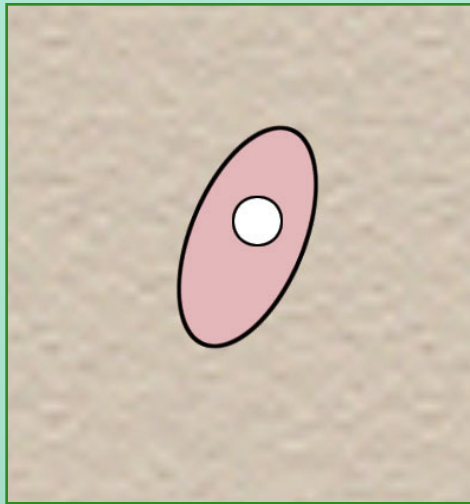


# DEVELOPMENT OF A BABY IN THE WOMB

## Conception

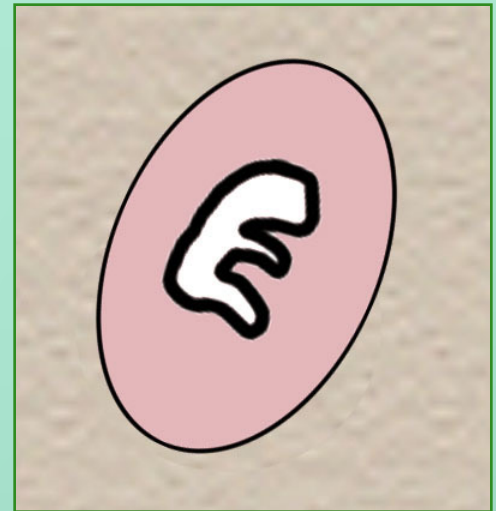
*The baby is just large enough to see.*

*He/she is about half the size of a full stop.*



## 4 weeks

*His/her heart is formed and he/she has small leg and arm buds.*





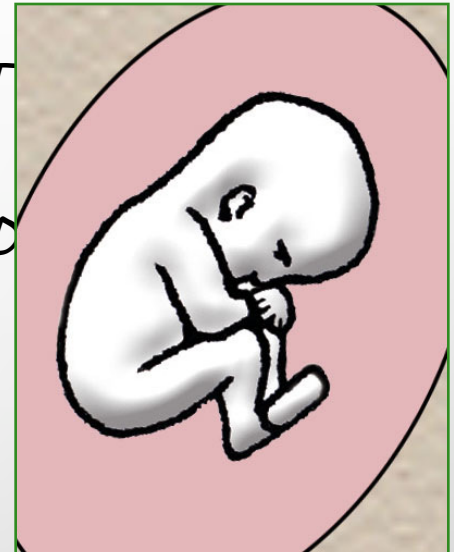
## 8 weeks

*The baby's eyes  
and ears  
are developing  
and legs show  
knees and  
ankles;  
toes are joined  
together.*



## 12 WEEKS

*ALL THE  
IMPORTANT  
PARTS  
ARE FORMED  
AND NAILS  
BEGIN  
TO GROW.*



## 16 weeks

*Some bones are hardening.  
The mother can feel movements  
and the baby can suck his/her  
thumb.*



## 20 weeks

*The baby is now 25-27 cm long.  
His/her fingernails and toenails  
are fully grown.*



# YEAR FIVE

*GOD LOVES ME IN  
MY CHANGING  
AND  
DEVELOPMENT*





# *OBJECTIVES*

*\* KNOW THAT AS WE GROW WE WILL BECOME  
DIFFERENT IN OUR...*

*...bodies*

*...feelings*

*...love of God*



# KEYWORDS

*GOD*

*SENSITIVITY*

*PUBERTY*

*PRESENCE*

*CELEBRATE*

*EXTERNAL*

*INTERNAL*

*CHANGE*

*DEVELOP*

*OVULATION*



# PHYSICAL AND INTELLECTUAL

*WE HAVE CHANGED IN MANY WAYS SINCE  
WE WERE BORN.*

*We have grown...*



# *WE CAN DO MORE...*



*Run*



*Walk*

*Feed ourselves*



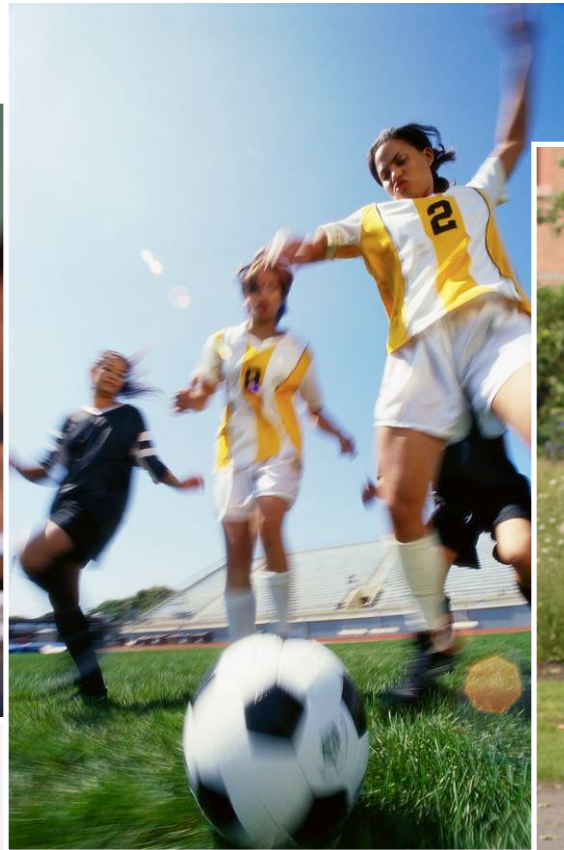
*Dance*







*Read and  
write*



*PLAY*



*Make friends*



*WE WILL CHANGE MORE BEFORE WE ARE GROWN*

*bo*



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*...to man*



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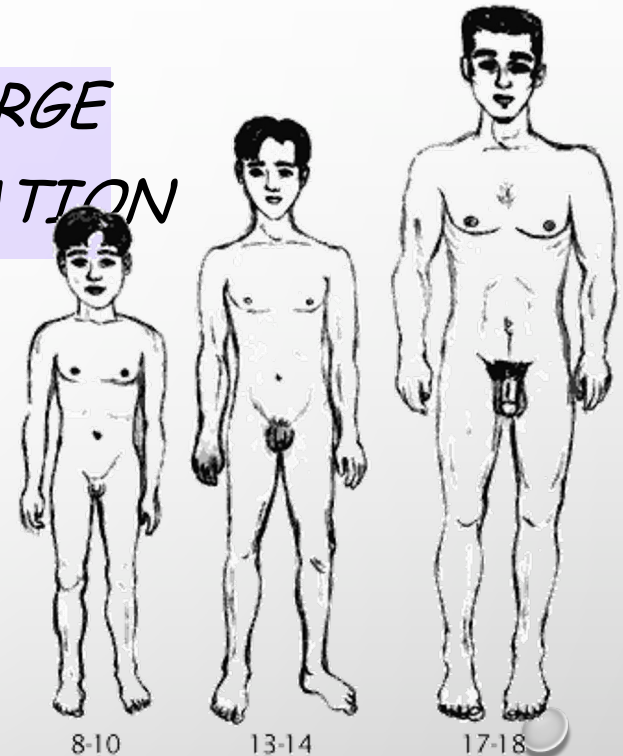
# *PHYSICAL CHANGES IN BOYS*

- *TESTOSTERONE IN THE BLOODSTREAM TRIGGERS CHANGES*
- *MUSCLES AND BONES DEVELOP*
- *VOICE DEEPENS*
- *SOME BOYS GET UNEVEN BREAST DEVELOPMENT IN EARLY PUBERTY*
- *WAIST THICKENS*
- *LIMBS LENGTHEN IN PROPORTION TO BODY*
- *SHOULDERS BROADEN*
- *WET DREAMS AND ERECTIONS*



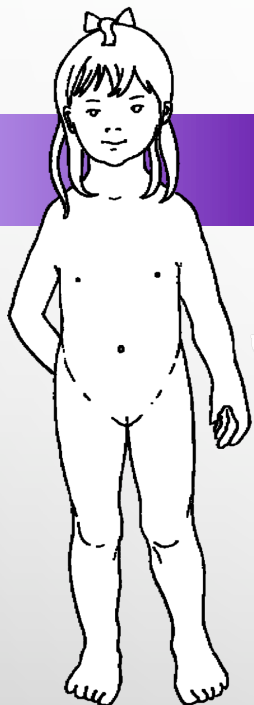
# PHYSICAL CHANGES IN BOYS CONTINUED

- *PENIS AND SCROTUM ENLARGE*
- *PRODUCTION OF SPERM AND DISCHARGE OF SEMINAL FLUID DURING EJACULATION*
- *ADAM'S APPLE ENLARGES*
- *HAIR CAN GROW ON FACE, CHEST AND BACK AS WELL AS UNDERARMS AND PUBIC AREA*

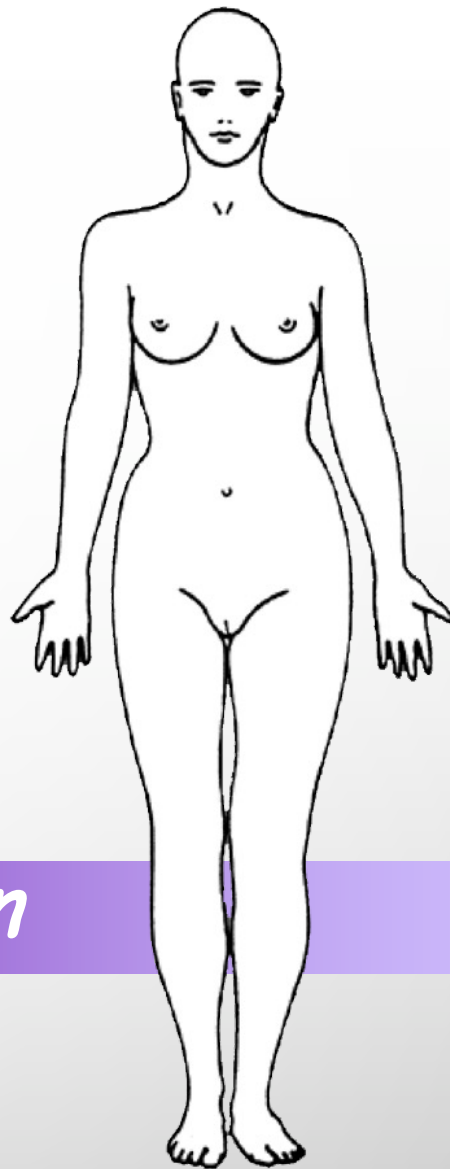




*girl...*

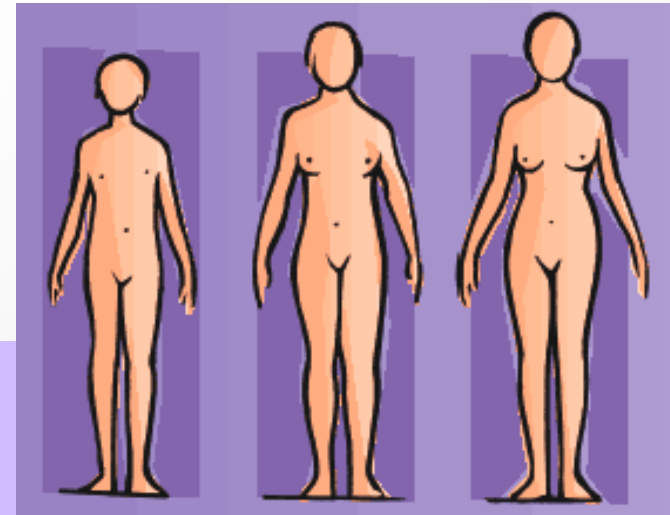


*...to woman*



# PHYSICAL CHANGES IN GIRLS

- Breasts develop: they come in all shapes and sizes
- Hips broaden and waist slims
- Ovaries produce oestrogen
- Hormonal activity
- Menstruation begins (about 12 months after breasts begin to develop)



- UTERUS ENLARGES
- Vaginal lining thickens

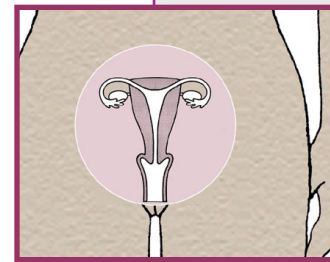
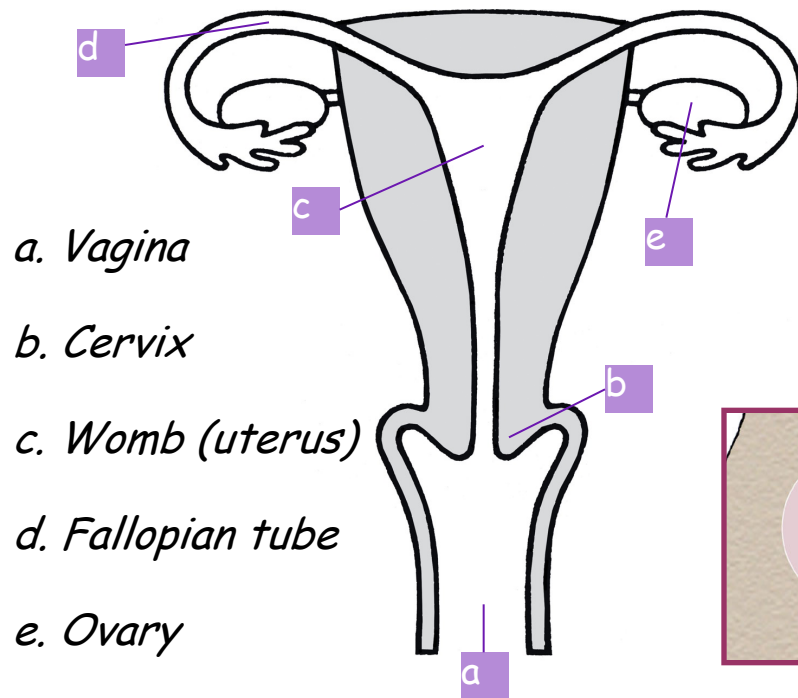
- *Usually start to grow hair on underarm, pubic area and legs*



# MENSTRUATION

*THE MENSTRUAL  
CYCLE IS TO  
PREPARE THE  
FEMALE BODY  
FOR  
REPRODUCTION*

*Inside a woman's body:*



# THERE ARE 2 IMPORTANT STAGES:

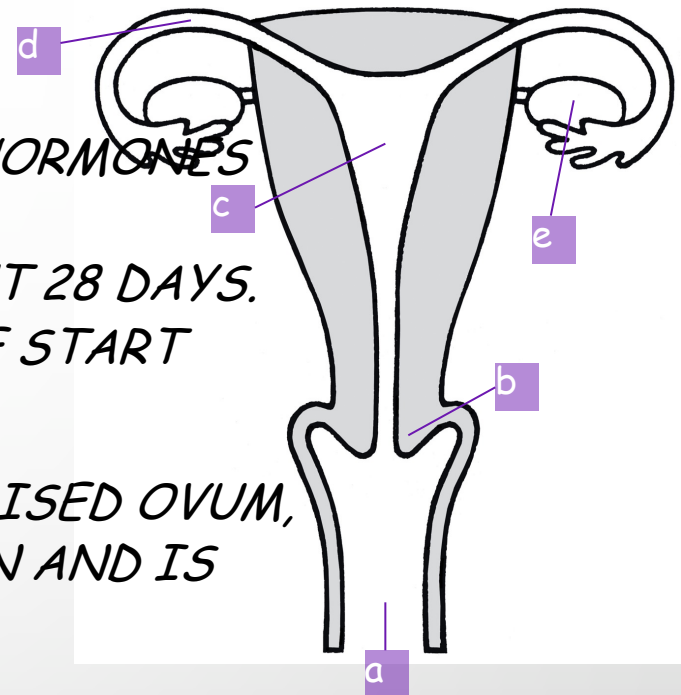
## 1. MENSTRUATION

THE MENSTRUAL CYCLE IS CONTROLLED BY HORMONES RELEASED FROM THE PITUITARY GLAND.

MOST MENSTRUAL CYCLES LAST FOR ABOUT 28 DAYS. THE FIRST DAY OF THE PERIOD MARKS THE START OF THE CYCLE AND IS COUNTED AS DAY 1.

IF THE UTERUS DOES NOT RECEIVE A FERTILISED OVUM, THE LINING OF THE UTERUS BREAKS DOWN AND IS SHED OVER THE NEXT FEW DAYS. THIS IS CALLED **MENSTRUATION**.

THE LINING OF THE UTERUS BEGINS TO THICKEN AND AN OVUM BEGINS TO DEVELOP.



a. Vagina  
b. Cervix  
c. Womb (uterus)

d. Fallopian tube  
e. Ovary



## 2. OVULATION

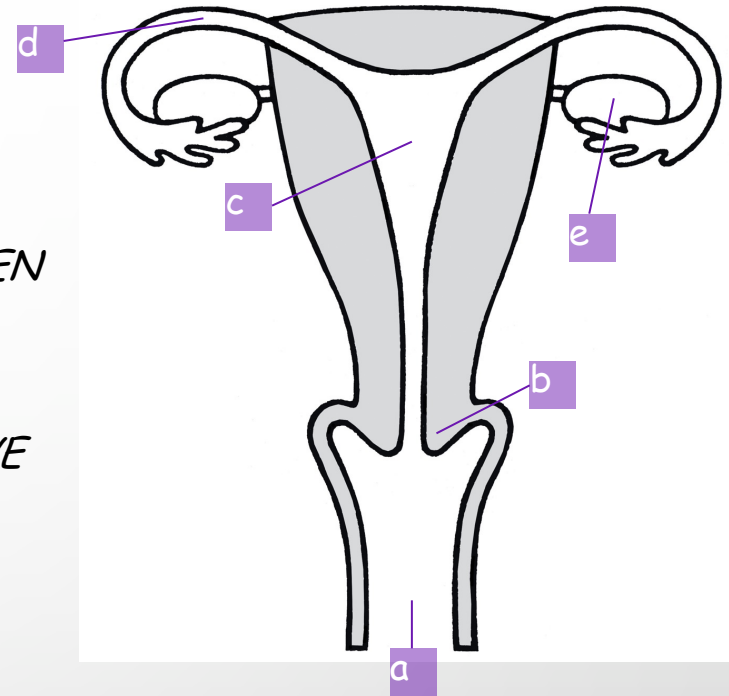
ON ABOUT THE 14<sup>TH</sup> DAY OF THE CYCLE AN OVUM IS RELEASED INTO THE FALLOPIAN TUBE.  
THIS IS CALLED **OVULATION**.

THE OVUM TRAVELS TOWARDS THE UTERUS.

THE LINING OF THE UTERUS CONTINUES TO THICKEN  
AND GETS FULL OF BLOOD IN CASE A FERTILISED  
OVUM ARRIVES.

IF THE OVUM IS NOT FERTILISED IT WILL DISSOLVE  
AND  
A PERIOD WILL OCCUR.

THEN THE CYCLE STARTS AGAIN...



a. Vagina

b. Cervix

c. Womb (uterus)

d. Fallopian tube

e. Ovary



# THESE CHANGES ARE A NATURAL PART OF GROWING UP



*Physical changes from child to adult mean they bring the ability and potential to become a mother or father.*





# YEAR SIX

*THE WONDER OF  
GOD'S LOVE IN  
CREATING NEW LIFE*



# OBJECTIVES

- *KNOW THAT WE ARE MADE TO LOVE AND TO BE LOVED.*
- *LEARN THE PROPER WAYS IN WHICH WE SHOW OUR LOVE FOR ONE ANOTHER AND FOR GOD.*





# Keywords

GOD

CHRISTIAN

APPROPRIATE

DIGNITY

SEXUALITY

INTERCOURSE

FIANCÉ

FALLOPIAN

CONCEIVE

RELATIONSHIP

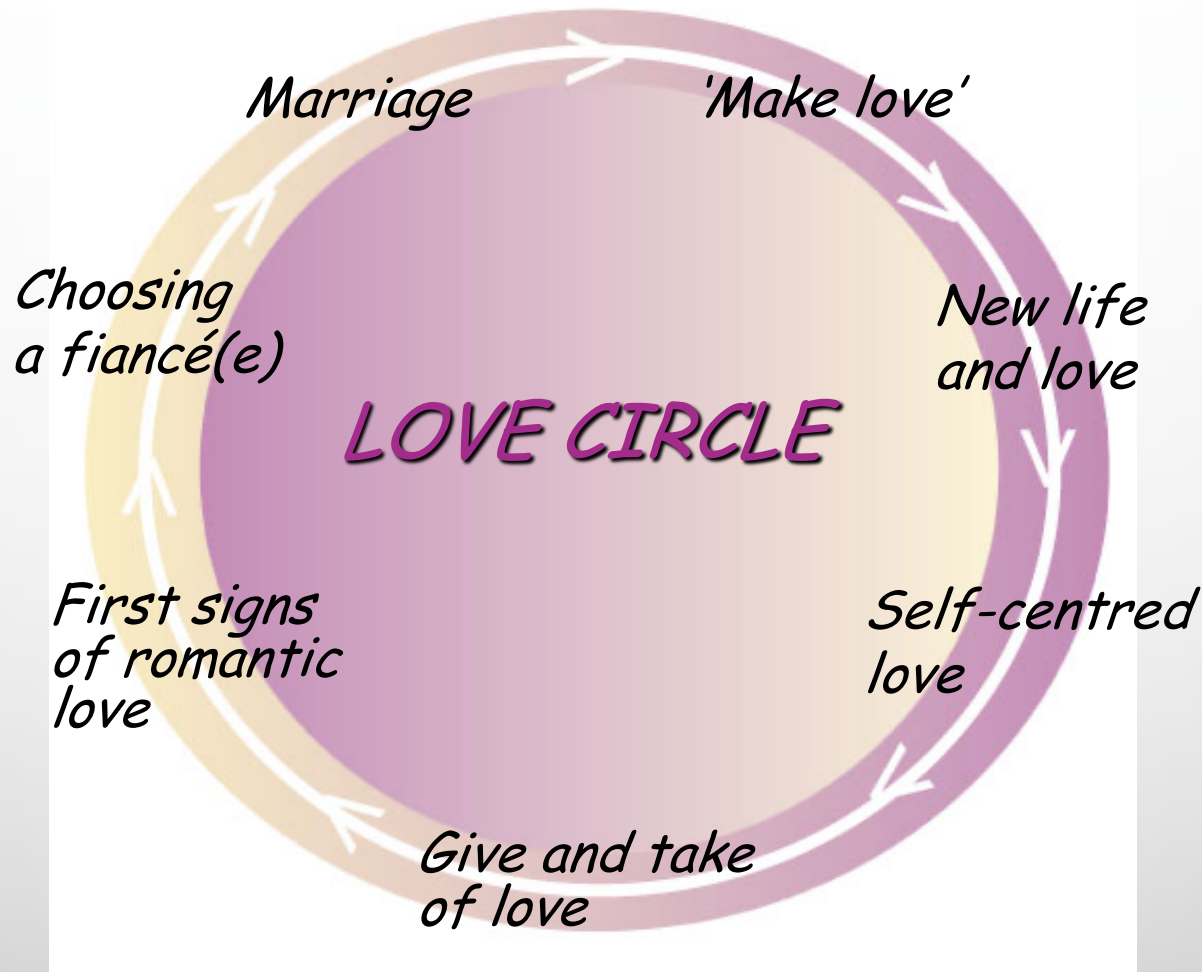
UTERUS

CERVIX

MARRIAGE



# *THE CIRCLE OF LOVE AND LIFE*



*'click'*



# CONSIDERATIONS TO MAKE

WHOLE CLASS TEACHING – RECEPTION TO YEAR 5

CHILDREN TO BE TAUGHT IN SINGLE AGE CLASSES

YEAR 6 TO BE TAUGHT ALSO IN SINGLE SEX GROUPS TO ALLOW OPPORTUNITY FOR QUESTIONS TO BE ANSWERED BY GENDER APPROPRIATE TEACHER.

AS A CATHOLIC SCHOOL, WE DO NOT TEACH ABOUT CONTRACEPTION. IT IS THE RESPONSIBILITY OF PARENTS TO SHARE THIS INFORMATION AS THEY SEE APPROPRIATE.