

The background features several concentric circles in light grey and dashed lines. A prominent red speech bubble shape is centered on the page, containing white text. The speech bubble has a tail pointing downwards.

**RSE - Relationships and Sex  
Education (RSE) and Health  
education at  
St Patrick's Catholic Primary School**

## *Prayer to the Holy Family*

Jesus, Mary and Joseph,  
in you we contemplate  
the splendour of true love;  
to you we turn with trust.

Holy Family of Nazareth,  
grant that our families too  
may be places of communion and prayer,  
authentic schools of the Gospel  
and small domestic churches.

Holy Family of Nazareth,  
May families never again experience  
Violence, rejection and division;  
May all who have been hurt or scandalised  
Find ready comfort and healing.

Holy Family of Nazareth,  
Make us once more mindful  
Of the sacredness and inviolability of the family,  
And its beauty in God's plan.  
Amen.



**RSE**  
**Is it**  
**compulsory?**

- Relationships and sex education (RSE) and health education
- The new curriculum has been compulsory from September 2020. Schools should've started teaching from that date if they met the statutory requirements. If they were not ready, or are unable to meet the requirements, they should begin teaching by at least the start of the summer term 2021.

# When and how should it be taught?

- The guidance says:
- Schools are free to determine how to deliver the content set out in [the statutory] guidance, in the context of a broad and balanced curriculum. Effective teaching in these subjects will ensure that core knowledge is broken down into units of manageable size and communicated clearly to pupils, in a carefully sequenced way, within a planned programme of lessons.
- RSE it should be integrated into the core school curriculum timetable; so lessons should be planned bi – weekly.

# Catholic RSE

- In recent years, the Church has produced three documents which all pertain to the education of young people in Relationship and Sex Education:
- **Amoris Laetitia (The Joy of Love)** is Pope Francis' Apostolic Exhortation about love in the family. Chapter 7, in particular, is titled 'Towards a Better Education of Children';
- **Learning to Love** is a teaching document from the Bishops of England and Wales which provides "An introduction to Catholic Relationship and Sex Education for Catholic educators";
- **A Model Catholic RSE Curriculum** is a guidance document produced by the Catholic Education Service for schools to help them produce their own programme of study that is fit for purpose. It is highlighted in the DFE draft statutory guidance as a work of good practice.

## Why is RSE in Catholic Schools important?

- RSE is part of the mission of Catholic schools to educate the whole person. It should be carried out as part of the holistic education which seeks to form as well as inform young people in preparation for adult life.

## What does outstanding RSE in Catholic school look like?

- **In order for Catholic RSE to be fully effective it needs to:**
- Be faithful to the Church's vision of human wholeness whilst recognising the contemporary context in which we live today;
- Involve parents as they are primary educators of their child;
- Provide a positive view of human sexuality and dignity of the human person;
- Equip young people with the ability to make practical judgments about the right thing to do in particular circumstances;
- Explore and promote virtues which are essential to promoting respect and dignity;
- Be delivered in an age appropriate way which reflects the development of the child;
- Be part of the cross-curricular work in both primary and secondary schools;
- Be sensitive to the needs of the individual pupil and recognise the mix of pupils with different sexual orientations, genders and family backgrounds in each class;
- Be taken seriously by governors and teachers as an integrated part of the broad and balanced curriculum that Catholic schools offer;
- Be delivered by competent professionals who understand the Church's teaching.

# A Model Curriculum

- In their Model Curriculum, the CES (Catholic Education Service) provide a proposed structure for delivering a Catholic RSE programme, which can be mapped across primary and secondary education within a spiral learning curriculum that meets children and young people where they are at. It has three broad areas of focus:
- **Created and Loved by God** (this explores the individual). The Christian imperative to love self, made in the image and likeness of God, shows an understanding of the importance of valuing and understanding oneself as the basis for personal relationships.
- **Created to Love Others** (this explores an individual's relationships with others) God is love. We are created out of love and for love. The command to love is the basis of all Christian morality.
- **Created to Live in Community** – local, national & global (this explores the individual's relationships with the wider world) Human beings are relational by nature and live in the wider community. Through our exchange with others, our mutual service and through dialogue, we attempt to proclaim and extend the good of society.
- Each theme covers the core strands of 'Education in Virtue' and 'Religious Understanding' as well as strands which cover the PSHE content of the theme.



## What about LGBT?

- **In the statutory guidance it says:**
- Schools should ensure that all of their teaching is sensitive and age appropriate in approach and content. There is no specific direction about when LGBT content should be taught and the guidance **does not** say that it should be introduced to primary school children. Schools are free to determine how they do this, and we expect all pupils to have been taught LGBT content at a timely point as part of this area of the curriculum.

# What about parents?

- **The guidance says:**
- Schools should ensure that, when they consult with parents, they provide examples of the resources that they plan to use as this can be reassuring for parents and enables them to continue the conversations started in class at home. St Patrick's RSE policy is on our school website.

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# RSE & PSHE (Personal, Social, Health and Economic education

- Let us now have a look at the RSE and PSHE curriculum at St Patrick's.
- Can you see any crossovers and similarities in content?

# Journey in Love

- In the Diocese of Brentwood, the Programme a "Journey in Love" (JIL) is the recommended resource for the teaching of Relationship and Sex Education because it is compiled specifically to present a Catholic vision. A good RSE programme must enshrine core pedagogical virtues – that it is, it must, above else, qualify as good education.

## Summary of changes to revised Journey in Love

- • Foreword: Baroness Sheila Hollins.
- • Vision Statement: Fr David Clemens.
- • An exploration of the mystery of love enriched by the interdisciplinary expertise of its authors.
- • Three age-related units in each year group that give children an experience of connecting every aspect of growth: social, emotional, physical and spiritual.
- • Introductory section in each unit, with Church teaching, for teachers.
- • Ready to use Suggested Questions, Possible Activities and Concluding Reflections.
- • Teaching on the conception of a baby moved to Year 6.
- • Perspectives on Marriage.
- • FAQs from parents.
- • FAQs from children.
- • Revised glossary.
- • Summary of hymns and their sources.
- • Grid linking DFE guidance.
- • New PowerPoints.
- • Overview of programme available for parents.

# A Holistic Catholic Vision

- Progressive and Developmental – Nursery to KS5
- Vision is shared by all teachers in all year groups
- Cross curricular links – PHSE, Science and RE
- Teacher is the key resource
- Encourage children's growth in self respect, acknowledging we are all created in the likeness of God
- Help children develop an understanding that love is the central basis of relationships
- We are not making judgements on children's lives
- We accept that there are variances in all families but we are still bound by Catholic teaching

## Aims of Relationship and Sex Education (RSE)

- To encourage pupils' growth in self-respect, acknowledging we are all created in the image and likeness of God
- To help pupils develop an understanding that love is the central basis of relationships
- To help pupils to understand the nature of relationships and to encourage them to reflect on their own relationships and respect differences between people.
- To develop pupils' confidence in talking, listening and thinking about feelings and relationships.
- To help pupils acquire the skills necessary to develop and sustain relationships
- To offer sex education in the wider context of relationships.
- To ensure that pupils protect themselves and ask for help and support when needed.
- To ensure that pupils are prepared for puberty.
- To help pupils to develop a healthier, safer lifestyle.
- To prepare pupils to play an active role as citizens and to understand the Catholic vision of what it means to be citizens of the Kingdom/reign of God.

# A Journey in Love PowerPoint Presentations

- A Journey In Love is a resource created by Sister Jude Groden of BRES and contributors. It is the recommended programme of study for Catholic schools for Sex and Relationship Education, and has been written as a progressive scheme of work that supports the Religious Education, PSHE and Science curricula taught within the school.
- As children progress through the school, they discover more and more about themselves and the wider world. The thirst for learning new things is fostered by the school, who attempt to create a safe and stimulating environment for learning and supporting all children in their development.
- All power points are on the school system.
- Journey in Love, whole school week, Mon 5<sup>th</sup> – Fri 9<sup>th</sup> July



# Pedagogy

- How you decide to group in Year 5 & 6 is up to you
- Teacher's discretion
- Cultural considerations, staffing, teacher confidence
- Ask the children
- Parents as first educators
- Parents need to know what we are teaching – Shared Catholic Vision
- Parents have a right to remove their children
- Have they considered the effect on their child being excluded?
- Safeguarding – we are aware at all times - see the Safeguarding Policy if in doubt – use quotes such as
  - “Your body belongs to you” “No means No”
  - “ Stay Safe , Speak Out”