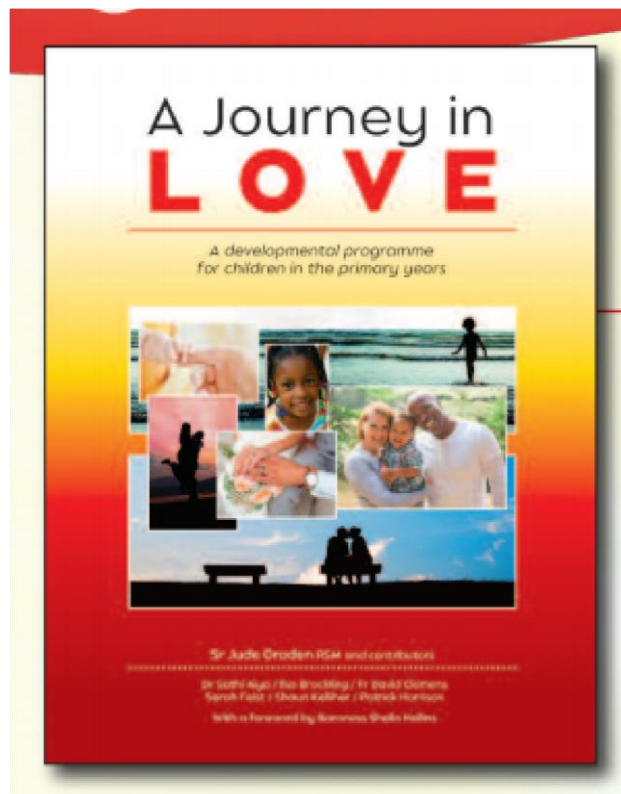




A 'Journey in Love' guide for parents



A Journey In Love is a set of resources created by Sister Jude Groden of BRES. 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.

Aims of Relationship, Sex and Health Education(RSHE)

- 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.

Love...

At the heart of Christian faith is love: St. John says that God is love (1 John 4:9) and the whole purpose of Christianity is to live it as fully as possible in and through love. This means that we have to link every aspect of our being, from birth to death, with love. Through our love for others, we link ourselves with God the Father, through Jesus Christ his Son, and through the Spirit.

A Journey in Love has at its foundation the belief that we are made in the image and likeness of God, and as a consequence, gender and sexuality are God's gift, reflect God's beauty and share in the divine creativity.

In order that children may grow and develop healthily and as complete human beings, they must have an understanding of their gender and the implications for successful relationships, they must be at ease with themselves and grow in self-knowledge.

A different aspect of the mystery of love is explored in each year group and all are encouraged to marvel at the wonder and beauty of God's creative love. This is reflected in each stage of a person's growth, through a series of lessons with activities and reflections which focus on physical, social, emotional, intellectual and spiritual development.

Themes explored in each year group:

Reception- God loves each of us in our uniqueness

Year One -We meet God's love in our family

Year Two- We meet God's love in the community

How will we organise lessons for Journey in Love?

- before the programme begins ground rules are set with the children regarding the kind of positive behaviour expected of every child,
- all children and teachers treat each other with respect, all questions and answers are listened to in a sensitive and sensible manner,
- lessons may include; discussions, presentations, questions, written work, homework



What if a child asks a difficult question?

There are specific areas that we feel should not be discussed within the context of our school lessons, e.g. contraception, as we feel that our children are not yet emotionally mature to handle these issues. These are all topics which are dealt with at secondary school.

If a child does ask a question outside the scope of our programme it will be dealt with in a sensitive and caring manner. We would always ask the child concerned to discuss the issue with their parents.

How can I help?

- by talking with your child at home,
- by discussing their work after each lesson
- by listening to any concerns,
- by reassuring your child that you are there if they need to talk about anything at all,
- by helping with homework activities,

What if I don't feel that my child is ready for this programme of work?

We ask that if parents feel that their child may not be quite ready for the content within the programme, they should make an appointment with Mrs McCallum or Miss Jordan to discuss this further.

The Journey in Love programme of learning is broken into 4 aspects of human development:

- Physical
- Social
- Emotional
- Intellectual

Each aspect is then broken down into:

- Activities
- Pause & Reflect
- Prayer

Please find a brief summary of the learning that will take place within each year group:

Reception – The wonder of being special & unique

Children know and understand that God has made them unique and that although we are all different, we are all special to him.

Key words: God, unique, different, special, eyes, hair, boy/girl, hands, fingers, name, family, love, womb, describe, wonder, features, unique, belonging, different, special, womb, friends, generous, worried, Baptism

Physical Does it matter if we are all different? How are we different? Why has God made us all special and different to Him? How can we be friendly to others: make and keep friends; showing care and being generous to each other?

Social Who do I play with at school and why does he/she play with me? Explore favourite games. Why are you special to your family? What do you love about belonging to your family?

Emotional Explore how we feel about our friends at home and at school. Explore why we play with them. How do you know you are special? Who would you go to if you needed help?

Intellectual Explore why it is important to have friends and describe a good friend.



I PRAISE YOU
BECAUSE I AM

fearfully
AND
wonderfully
MADE

PSALM 139:14 NIV

Spiritual To consider: Is Jesus our friend? To share the story from scripture 'Jesus welcomes the little children' and talk about children being special to God. How does God show love to you and your family? How do we celebrate with each other? What church celebrations do you enjoy? What celebrations do we enjoy and look forward to? How can we celebrate being a special part of God's family? (Baptism, prayer, kindness)

Who is the Mother of Jesus? Why is she special? To know that Jesus grew for nine months in Mary's womb.

Year One – We meet God's love in our family

Children know and understand that they are growing and developing as members of their own family and God's family.

Key words: unique, friend, respect, God, important, different, special, love, care, commitment, secure, signs, healthy, safe, boundaries, kindness, teasing, bullying, positive, negative, wrong, unacceptable, truth, lies, head, eyes, nose, mouth, teeth, tongue, throat, neck, shoulders, arms, breasts, nipples, waist, elbow, penis, vagina, bottom, anus, legs, knees, ankles, feet, toes.

Physical Who is in my family? E.g. mother, father, brothers, sisters, grandparents etc. What are characteristics of a happy family? How do we act with adults that are not in our family or those we do not know? How does your family keep you healthy -? Include physical, mental and spiritual health. Including taking care not to spread diseases e.g., washing hands, coughs and sneezes etc. How many children have babies in their families? Babies come in all sizes, some have long legs, some have hair, some without etc. Talk about how fast babies change and grow and ask at home about themselves as a baby.

Social Invite the children to share their home research
Parents share the wonder and excitement of these moments of growth and development for them. How is love shown in your family? Why are the words 'please', thank you and 'sorry' important to create a happy family? How do these words show consideration? How does saying 'sorry' show respect, build bridges, keep us safe and help us to build a happy family and mend broken friendships?

Emotional What are the happiest moments in your family? E.g. birthdays, christenings, weddings.

What are the saddest moments in your family? E.g. death of pets, leaving home. How is love shown in your family? Why is teasing and bullying wrong and unacceptable within families and friendships?

Intellectual Why do we need to grow up in families? What happens if you grow up without a family? Would it be a happy experience? What would you miss? How would life be different? Why should we always tell the truth?

Spiritual We are members of God's family. How were we born into God's family? How are we made in the image of God? What ways have we grown in love and security in our families? How do we know we are loved and cared for by God? How will we thank God for his unconditional love?

What special title do we give to God as members of God's family? E.g. Our Father, Jesus our Brother, Holy Spirit, our friend and Guide.

Year Two – We meet God's love in the community

Children know and understand that they are growing and developing in a God-given community.

Key words: God, community, belonging, family, father/mother, carer/guardian, feelings, emotions, local, global, impact, responsibility, harm, improve, God-given, diverse, feelings, recognise, emotions, friendships, relationships, secrets, stereotypes, respect, equal.

Physical Do you belong to a community? E.g. school, Parish, a club etc. What other community do you belong to? How do you belong to these communities? What makes us feel safe in our community? When might you not feel safe and when is it not right to keep a secret? Who would you go to if you felt worried or upset? What would you do if you were worried about another person being unsafe? Who are the appropriate people to talk to? How can you use the internet and digital devices safely at home? In school? With your friends? How can we check what we are seeing is true? What are the things that are harming our world? How can we stop them and care for our common world?

Social Is belonging to a community important? What do we receive from the community we belong to? What do we give to the community we belong to? How do different individuals enrich our communities? How do we learn from each other and show an understanding of different roles and responsibilities people have in our communities?

Emotional How does a community help us to develop our feelings and emotions? Are we always happy in our community? Are we, as a community sometimes sad or upset? What do you bring to your community? (respect, love, care, generosity of spirit, loyalty and forgiveness)

Intellectual Could people feel alone even though they belong to a community? What would they miss out on? What are the advantages of being on your own?

Spiritual If God is called 'Our Father' what does that make us? As children of God how should we treat each other? How does the school motto or mission statement celebrate this community? How do we, as a community reach out to others at a time of their need? How and where do we meet God in the community? How do you show respect, love and care for all God has created and strive to keep each other safe?