



some key messages

for parents to share with their children

- You are a special human being, created by God in his own image and likeness, gifted with unique talents and the potential to lead a life in relationship with God, with your family and with others.
- You are an important part of God's loving plan. God wants only the best for you. You are loved by God and God's plan is for you to love others as he loves you.
- God created you, body and soul. Therefore your body, with all its features - including your potential to grow and develop - is a unique creation and gift to the world. So you should care for your body, respect it and protect it from harm, because its uniqueness shows God's work in the world and through it you respond to his call to love.
- As you grow, your body will change and your feelings about your changing body might affect how you act towards others. Always remember that God wants only the best for everyone and he will guide you when you turn to him in prayer.
- God had a plan when he created male and female as different but complementary and each equally valued as being essential to God's loving plan.
- During your life you may experience various emotions and attraction towards others. As an adult you may be drawn to love one other person in an exclusive way and, as man and woman, you may decide to witness to your love before God and others through the Sacrament of Matrimony and so become husband and wife.
- In Matrimony a husband and wife express their love joyfully and give everything of themselves to the person they fully love and respect.
- It may be God's plan that in your marriage you are called to share in the creation of new life. The precious gift of children will enable you to realise God's loving plan in your new family.



a guide for parents on relationships education in Catholic Primary schools

God's Loving Plan guides teachers on how children can be helped to develop healthy and respectful attitudes to their bodies and to all aspects of God's gift of life.

Parents are responsible for helping children to understand that their lives are precious and to know how to take care of the bodies which God has gifted to them as part of his plan for creating and sustaining life.

Parents and teachers can help children to wonder at the beauty of life, to aspire towards the joy of loving relationships and to find, ultimately in marriage, the deepest expression of human love for one other person.

This leaflet will help parents:

- to understand the vision of God's Loving Plan
- to become familiar with how their children will learn about their bodies and about relationships
- to support this learning by helping their children to understand these issues as they grow
- to discuss the programme with teachers.

