



St. Mary's Primary School and Nursery Class



Relationships, Sexual Health and Parenthood Draft Policy

May, 2015



Introduction

The Scottish Catholic Education Service has developed *God's Loving Plan* - a revised programme for Relationship Education in primary schools. *God's Loving Plan* is designed to guide teachers on how children can develop healthy attitudes to their bodies and to all human life so that they can form loving relationships, according to God's loving plan for their lives. *God's Loving Plan* is, therefore, the only programme to be used to deliver **Relationships, Sexual Health and Parenthood Education** in St. Mary's.

Partnership with Parents

During session 2014/15 we worked closely with parents in order to fully inform them of both the **rationale** behind and the **content** of the *God's Loving Plan* programme. We did this via a Curriculum Evening in September 2014, the setting up of a focus group which met in April 2015 and workshops for Primary 6 and 7 parents in May 2015. As a result of this work there is a consensus in place to deliver the programme detailed below.

Further, from session 2015/16 onwards, we will:

- Inform parents of children in Primaries 1-5 via letter about the content of the programme and how to support their children at home.
- Deliver annual workshops for parents of children in Primaries 6 and 7.
- Inform parents of children in Primaries 6 and 7 via letter about the dates when the programme will be delivered.

The Programme

Below you will see an outline of the key teaching and learning covered during each primary stage. The key vocabulary used at each stage is also listed.

Primary 1

Core Learning

- Creation
- The seasons/ weather
- Living things
- Physical differences between boys and girls
- Gifts and talents
- People who care for/ look after us
- Friendship
- Looking after a baby

Key Vocabulary

happy, sad, afraid, excited, safe, worried, kind, unkind, friendly, unfriendly, helpful, unhelpful, head, leg, feet, chest, stomach, elbow, knee, arms, hands, breast feeding, midwife, health visitor

Primary 2

Core Learning

- Living/ non-living things
- What makes us unique
- Respect
- Relationships and forgiveness
- People who can help us/ care for us
- How to look after our bodies
- Looking after a baby
- Making good choices

Key Vocabulary

male, female, sex, gender, boy, girl, man, woman, friendship, caring, sharing, fairness, equality, love, hygiene, hand washing, tooth brushing, bathing, showering, soap, shampoo

Primary 3

Core Learning

- Creation- God's Gift of Life
- Gender- similarities and differences
- Hygiene- keeping the body clean
- Introduction of the names of some genital parts (but not learning about sexual functions)
- Looking after the body
- Friendship
- Emotions and feelings
- Rules and procedures
- Respect
- Caring for others

Key Vocabulary

Precious, public, private, personal space, boundaries, respect, honour, neighbour, free will, hygiene, penis, genital parts of body, vagina

Primary 4

Core Learning

- Creation
- What makes us unique- talents
- Friendship, Relationships and forgiveness
- Making good choices
- Emotions and feelings
- Respecting our bodies

Key Vocabulary

Growth, emotions, relationships, marriage community, touching, internet safety, safety, germs, hygiene, penis, vagina, breast

Primary 5

Core Learning

- Improving physical and emotional health and wellbeing
- Using our talents
- Showing forgiveness in relationships with others.
- Making good choices
- Forgiveness
- Assessing risk
- Personal safety and abuse
- Friendships and relationships
- Understanding and expressing feelings

Key Vocabulary

Weight gain/loss, growth, touching, social networking, safe use of phones, roles, rights, UN Charter on Rights of the Child

Primary 6

Core Learning

- The human body- looking after myself (healthy lifestyles)
- The human body- changes (puberty)
- Role of a parent/ carer
- Relationships- friendship
- Assessing risk
- Personal safety and abuse
- Understanding and expressing feelings/behaviours

Key Vocabulary

Puberty, adolescence, wellbeing, personal hygiene, pubic area, internal organs, voice box, heart, lungs, liver, stomach, kidneys, intestine, hormones, testosterone, bloodstream, sperm cells, penis, testicle, scrotum, erection, wet dream, ejaculation, vagina, vulva, cervix, womb, uterus, oestrogen, fallopian tubes, oviducts, menstruation, period

Primary 7

Core Learning

- The human body- looking after myself (healthy lifestyles)
- The human body- changes (puberty)
- Relationships- marriage
- Relationships- friendship
- Assessing risk
- Personal safety and abuse
- Understanding and expressing feelings/behaviours
- Sexuality is a gift from God
- Sexual reproduction
- The role of a parent

Key Vocabulary

Conscience, vocation to love, Sacrament of Matrimony, faithful relationship, exclusive relationship, intimacy, openness to new life, conception, womb, egg, fertilisation, sexuality, making love, sexual intercourse

Please note the following:

- All learning and teaching must be appropriate to the age *and* maturity of the children. Therefore, there is scope for adjustments to the Primary 3 programme if school staff and parents feel adjustments are necessary. Primary 3 parents will be consulted on this prior to the programme beginning.
- The school will be sensitive to the views of parents and carers as the first educators of children.
- Teachers will be sensitive to the plurality of forms of family life which are experienced by our children.