



## Journey in Love

### *Sex and Relationships Education*

#### Parent Information

#### **Why do we teach Sex and Relationships Education?**

- SRE is the life long learning about physical, moral and emotional development.
- It is the understanding of the importance of family life, stable and loving relationships, respect, love and care.
- It is also about the teaching of sex, sexuality and sexual health



As a Catholic School, we have adopted the Journey in Love Programme which has been approved by the Diocese to support us in teaching Sex and Relationships Education

#### **The structure of 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



## **What will 'A Journey In Love' look like in each year group?**

### **Reception- God loves each one of us in our uniqueness**

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

### **Year 1- 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.

### **Year 2- We meet God's love in our community**

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

### **Year 3- How we live in love**

- 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.

### **Year 4- God loves us in our differences**

- 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.

### **Year 5- God loves me in my changing and development**

- Children know and become aware of the physical and emotional changes that accompany puberty- sensitivity, mood swings, anger, boredom, etc.
- They grow further in their understanding of God's presence in their daily lives.

### **Year 6- The wonder of God's love in creating new life**

- Children develop, in an appropriate way for their age, an understanding of sexuality and grow further in their appreciation of their dignity and worth

If you require any further information about 'A Journey in Love' please contact Mrs Dunne or Miss Martin for further information.