

Relationships and Sex Education:

The Governors at Holy Name Catholic Primary School have adopted the 'All that I am' programme to support the non-statutory relationships and sex education throughout the school. The programme of study is authentic to the teachings of the Catholic Church.

As part of our commitment to you, we will hold a meeting annually for the parents/carers of children in Years 5 and 6 to discuss the programme.

You have the right to withdraw your child from this aspect of the curriculum however, this is not to be confused with curriculum Science which is statutory.

If you require any further clarification regarding this aspect of the curriculum please contact: Mrs. A. Radford (Executive Head Teacher) or Ms. P. Sloane (Head of School)

[Click here for RSE Policy](#)

All That I Am

The 'All That I Am' programme is founded on:

- The belief that every human life has an intrinsic and absolute value through being created by God and in the image of God.
- This value derives from the simple fact of existing and is not dependent on an individual's age, abilities, social acceptability or any other characteristic.
- Self-respect and respect for each other must underlie all human relationships.

The programme focuses on five main learning objectives:

1. Individual:

- pupils will learn they are unique and made in the image of God
- that physical and emotional growth is common to all of us and a normal part of becoming an adult
- to accept and respect themselves

2. Physical:

- that the difference between boys and girls is part of God's creative and loving work
- vocabulary to describe menstruation
- to celebrate the difference between boys and girls

3. Social:

- what the Church teaches in relation to personal responsibility and the dignity of the person

- to take responsibility for their personal hygiene
- how to manage socially awkward situations

4. Emotional:

- how the Church recognises the importance of our emotions and how they can shape our actions
- to identify a wide range of feelings in themselves and others
- to take responsibility and manage their feelings appropriately
- an awareness of the responsibility we have towards each other

5. Spiritual

- that our spiritual relationship with God links together and transforms all aspects of our person
- the basics of authentic friendship with others and God
- when they do and do not feel comfortable with themselves
- to identify when confidentiality is and is not appropriate

The Year 6 programme aims develop pupils' ability to:

- Express opinions
- Listen to others and be listened to
- Respect other people's viewpoints
- Recognise the physical and emotional changes that are happening during puberty
- Be self-confident in a range of new situations, such as seeking new friends
- Recognise their own self-worth and identify positive things about themselves

1. The Road Ahead, Recap and Reprise:

- to reprise female physical development

2. The Road Ahead, Your changing bodies – Boys:

- to have knowledge and understanding of male physical development

3. The Road Ahead, Personal Behaviour

- to have self-confidence and skills
- to translate these into personal behaviour in a range of situations such as making new friends

***'Love is the light – and in the end, the only light – that can always illuminate a world grown dim and give us the courage needed to keep living and working. Love is possible, and we are able to practise it because we are created in the image of God.'* Deus Caritas Est 39**