

RESOURCES USED

- God's Loving Plan
- RSHP
- School Science and Health and Well Being Plans
- Keeping Myself Safe Interactive Resource
- The Risk Factory
- Choices for Life
- Headstrong

P5 PROGRAMME

- To develop an understanding of the body's systems and how they link together
- To recognise the important organs in the body and how they work.
- To learn how to look after the body in terms of healthy eating, exercise and cleanliness.
- To identify and use routines for personal hygiene including handwashing and oral hygiene.
- To develop an understanding of the changes that occur during puberty – name all parts of the reproductive system correctly
- Skeletal system
- Breathing & Circulation
- Digestion
- Blood
- The Senses
- Puberty – my body is changing including menstruation

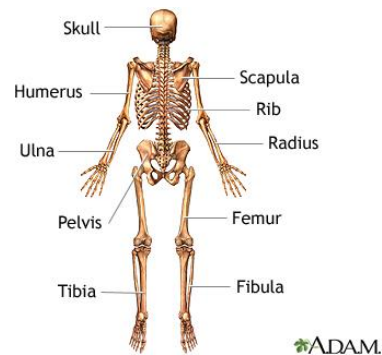
In P5 the children will learn about changes in puberty but not about how babies are conceived.

P6 PROGRAMME

- To develop an understanding of the changes that occur during puberty.
- To recognise the stages of physical growth to adulthood.
- To understand the reproductive system and how babies are conceived.
- To identify and use routines for personal hygiene including feminine hygiene.
- To understand the hormonal changes and emotional challenges of puberty.

MAIN EMPHASIS

- The amazing Human Body revision of body systems
- Changes during puberty- including menstruation
- Feelings and emotions
- Sexual intercourse and Conception

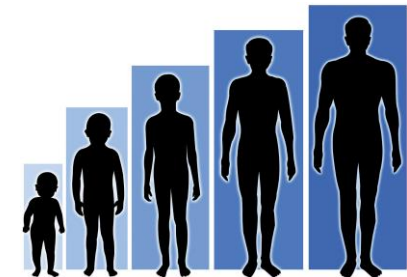


P7 PROGRAMME

- To understand the reproductive system and how babies are conceived.
- To provide reassurance about the common anxieties they may have about their changing bodies.
- To provide opportunities to discuss the emotional aspects of growing up.

MAIN EMPHASIS

- Explore feelings and issues concerning relationships with family, peers and boyfriends/girlfriends
- To encourage acceptance of themselves and their growing responsibility towards health, choices and decisions.
- Explore and challenge stereotypical views regarding gender and equality
- To appreciate the role of a support network of trusted adults.



Due to the earlier age that children especially the girls are experiencing puberty, we now feel it is essential to teach these lessons in P5. This is a change to the programme for this session.

ST MARY'S RC PRIMARY SEX AND RELATIONSHIPS EDUCATION PROGRAMME:

- shows continuity and progression through P5-P7.
- acknowledges the different stages of puberty children are at and will experience.
- is aware of the need for sensitivity and approaches each area appropriately.
- Promotes respect for others

ST MARY'S RC PRIMARY KEEPING MYSELF SAFE PROGRAMME:

- Addresses current safety concerns including internet safety
- Prompts discussion at home
- Teaches personal safety strategies and develops a sense of personal responsibility for personal safety.

AIMS OF SEX AND RELATIONSHIPS/PERSONAL SAFETY EDUCATION PROGRAMME

- To encourage use of correct terminology for body parts and functions.
- To help children understand the physical changes they will experience during puberty and adolescence.
- To help prepare children for the range of emotional changes they will experience at this time.
- To encourage the children to make appropriate choices and learn to respect self, others and difference
- To encourage healthy and safe living.
- To give children strategies for keeping themselves safe.

CATHOLIC CONTEXT

Sex and relationship education in Catholic Schools is taught in the context of a loving, long term, married relationship, but other family contexts are discussed, recognised and valued.

The Personal Safety Programme is taught after sex and relationships education. Keeping Myself Safe is the main resource used, and children will learn about safety around use of drugs and alcohol too.

ST MARY'S RC PRIMARY SCHOOL



SEX AND RELATIONSHIPS EDUCATION

PERSONAL SAFETY PROGRAMME KEEPING MYSELF SAFE

2023