



Fertile Heart

## **A Fertile Heart & Guidance on RSE from the CES**

**How A Fertile Heart meets the Catholic Education Services guidelines for implementing the Department of Education's statutory requirement to teach Relationships and Sex Education.**

The following are the recommended learning objectives for RSHE from the CES, most of which correspond with the particular modules of the Fertile Heart programme.

The list suggests where provision needs to take place within other areas of the school curriculum on certain topics.



## Theme 1: Created and Loved by God

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### Education in virtue

**In a Catholic school, pupils are growing to be:**

1.1.1.1. Respectful of their own bodies and character

**Rd, Re, 1c, 1d, 2a, 2d**

1.1.1.2. Appreciative for blessings

**Rd, Re, Rf, 1a, 1c, 1e, 2a, 2d**

1.1.1.3. Grateful to others and to God

**Rc, Rd, Rf, 1b, 1c, 1e, 2b, 2d, 2e**

1.1.1.4. Patient when they do not always get what they want

**Rd, Re, Rf, 1b, 1e, 1f, 2a, 2c, 2d, 2f**

### Religious understanding of the human person: loving myself

**Pupils should be taught:**

1.1.2.1. We are all made by God and are special

**Ra, Rb, Rd, Re, 1a, 1b, 1c, 1d, 2a, 2c, 2f**

1.1.2.2. We are all God's children

**Ra, Rb, Rd, Rf, 1b, 1c, 1d, 1e, 2a, 2b, 2e, 2f**

1.2.2.3. Ways of expressing gratitude to God

**Rb, Rc, Rd, 1c, 1e, 2b, 2d, 2e**

1.1.2.4. About the sacrament of Baptism

**Rf, 2a**



## Theme 1: Created and Loved by God

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### Me, my body and my health

#### Pupils should be taught:

##### Me

1.1.3.1. We are all unique individuals

**Ra, Rb, Rc, Rd, 1b, 1d, 2c, 2d**

1.1.3.2. We all have individual gifts, talents and abilities

**Ra, Rb, Rc, Rd, 1a, 1b, 1c, 1f, 2a, 2b, 2c, 2d**

##### My body

1.1.3.3. The names of the external parts of the body

**2a**

1.1.3.4. The similarities and differences between girls and boys

**1b**

##### My health

1.1.3.5. How to maintain personal hygiene

**1d, 1e**

1.1.3.6. What constitutes a healthy life-style, including physical activity, dental hygiene and healthy eating

**Rc, Re, 1d**

### Emotional well-being and attitudes

#### Pupils should be taught:

##### Emotional well-being

1.1.4.1. That we all have different likes and dislikes

**1a, 1b, 2b, 2c**

1.1.4.2. A language to describe feelings

**1a, 1b, 2d, 2e, 2f**

##### Attitudes

1.1.4.3. A basic understanding that feelings and actions are two different things

**1a, 1b, 1f, 2a, 2b, 2d, 2e, 2f**

1.1.4.4. Simple strategies for managing feelings and behaviour

**1a, 1b, 1d, 2c, 2d, 2e, 2f**

1.1.4.5. The choices have consequences

**Rc, Rf, 1a, 1e, 1f, 2a, 2d, 2e, 2f**



## Theme 1: Created and Loved by God

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### Life Cycles and Fertility

**Pupils should be taught:**

#### **Life cycles**

1.1.5.1. That there are life cycles from birth to death

Re, 1c, 1f, 2a, 2c



## Theme 2: Created to love others

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### Education in virtue

**In a Catholic school, pupils are growing to be:**

1.1.2.1. Friendly, able to make and keep friends

**Ra, Rb, Rc, Rf, 1d, 1e, 1f, 2b, 2d**

1.2.1.2. Caring, attentive to the needs of others and generous in their responses

**Ra, Rb, Rc, Rd, 1b, 1c, 1d, 1e, 2b, 2d**

1.2.1.3. Respectful of others, their uniqueness, their wants and their needs

**Ra, Rb, Rc, Rd, Rf, 1a, 1b, 1c, 1f, 2b, 2e, 2f**

1.2.1.4. Forgiving, able to say sorry and not hold grudges against those who have hurt them

**Rc, Rd, Rf, 1c, 1d, 1e, 2e**

1.2.1.5. Courteous, learning to say 'please' and 'thank you'

**Rb, Rd, 1c, 1f, 2b, 2d, 2e**

1.2.1.6. Honest, able to tell the difference between truth and lies

**Rc, Re, 1d, 1f, 2a, 2e, 2f**

### Religious understanding of human relationships: loving others

**Pupils should be taught:**

1.2.2.1. We are all part of God's family

**Ra, Rb, Rc, Rd, Rf, 1b, 1c, 1d, 1e, 1f, 2a, 2b, 2c, 2e**

1.2.2.2. All families are important

**Rc, Rf, 1c, 1f, 2b, 2c**

1.2.2.3. That saying sorry is important and can help mend broken friendships

**Rb, Rf, 1d, 1e, 2e**

1.2.2.4. Jesus cared for others

**Rd, Re, 1b, 1c, 1d, 1f, 2b, 2c**

1.2.2.5. That we should love other people in the same way Jesus loves us

**Rc, Rd, Re, 1b, 1c, 1d, 1e, 1f, 2b, 2c, 2d, 2e, 2f**



## Theme 2: Created to love others

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### Personal Relationships

#### Pupils should be taught:

1.2.3.1. The characteristics of positive and negative relationships

**Rc, 1d, 1f, 2a, 2d, 2f**

1.2.3.2. To identify special people (e.g. family, carers, friends) and what makes them special

**Rc, Rd, Re, 1b, 1c, 1e, 2a**

1.2.3.3. There are different family structures and these should be respected

**1c, 1f, 2b, 2e**

1.2.3.4. Families should be a place of love, security and stability

**Ra, Rb, Re, 1c, 1d, 1e, 2e**

1.2.3.5. The importance of spending time with your family

**Rf, 1c, 1d, 2e**

1.2.3.6. How their behaviour affects other people and that there are appropriate and inappropriate behaviours

**Rf, 1d, 1e, 2a, 2b, 2d, 2e, 2f**

1.2.3.7. To recognise when people are being unkind to them and others and how to respond

**Rf, 1a, 1d, 1f, 2e, 2f**

1.2.3.8. Different types of teasing and bullying which are wrong and unacceptable

**1d, 2e**



## Theme 2: Created to love others

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### Keeping safe and people who can help me

#### Pupils should be taught:

##### Keeping safe

1.2.4.1. To recognise safe and unsafe situations and ways of keeping safe, including simple rules for keeping safe online

1f, 2f

1.2.4.2. To use simple rules for resisting pressure when they feel unsafe or uncomfortable

Rf, 1d, 1f, 2a, 2c, 2f

1.2.4.3 The difference between good and bad secrets

2a, 2f

1.2.4.4. Identifying and correctly name their 'private parts' etc

1.2.4.5. Importance of seeking and giving permission in relationships

1f, 2f

##### People who can help me

1.2.4.6. Who to go to if they are worried or need help

Rd, 1f, 2c, 2d, 2e, 2f

1.2.4.7. That there are a number of different people and organisations they can go to for help in different situations

2b, 2c, 2f



## Theme 3: Created to Live in Community (local, national and global)

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### Education in virtue

**In a Catholic school, pupils are growing to be:**

1.3.1.1. Just and fair in their treatment of other people, locally, nationally and globally

**Rc, Rf, 1c, 1d, 1e, 2a, 2b, 2d**

1.3.1.2. People who serve others, locally, nationally and globally

**Rc, 1e, 2b, 2d**

1.3.1.3. Active in their commitment to bring about change

**Re, 1a, 1d, 1f, 2d, 2e, 2f**

### Religious understanding of the importance of human communities

**Pupils should be taught:**

1.3.2.1. That God is Father, Son and Holy Spirit

**Rf, 1a, 1e**

1.3.2.2. Some Scripture illustrating the importance of living in community

**Re, Rf, 1b, 1d, 1f, 2a, 2b, 2c, 2e**

1.3.2.3. Jesus' teaching on who is my neighbour

**1d, 1f, 2b, 2e**





## Theme 3: Created to Live in Community (local, national and global)

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### Living in the wider world

#### **Pupils should be taught:**

1.3.3.1. That they belong to various communities such as home, school, parish, the wider local community and the global community

**Rb, Rd, Re, 1b, 1c, 1e, 2b, 2d**

1.3.3.2. That their behaviour has an impact on the communities to which they belong

**Rc, Rd, Rf, 1b, 1c, 1d, 1e, 1f, 2a, 2d, 2e, 2f**

1.3.3.3. That people and other living things have needs and that they have responsibilities to meet them

**Ra, Rb, Rc, Rd, Rf, 1f, 2b, 2d**

1.3.3.4. About what harms and improves the world in which they live

**Rf, 1f, 2a, 2c, 2d, 2f**

1.3.3.5. How diseases are spread and can be controlled and the responsibilities they have for their own health and that of others etc.

**1d, 1e, 2a**