

FLOURISH

An RSE programme for Catholic Primary Schools on the island of Ireland

RSE STRANDS AND THEMES

Strands	Strand Units	RSE Junior Classes	RSE Senior Classes
Myself	Self-identity	I Am Me (God loves me, I am unique)	My sexuality is part of who I am. God loves me as I am
	Taking Care of My Body	My body is a sacred gift from God. Respect for my own and other people's bodies.	Sex is a gift from God. It belongs in committed relationships. Sex is not a commodity.
	Growing and Changing	God loves us as we grow and change.	Puberty is a gift from God. We are perfectly designed by God to procreate with him.
	Safety and Protection	We can recognise dangerous situations. Respect for personal space. God will help us as we try to keep ourselves safe.	Good and bad choices. Moral as well as physical dangers. Being Christ-like in our decision-making.

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Myself and Others	Myself and My Family	Love is central to families. Jesus asked us to love one another.	Sexual love belongs within a committed relationship. Marriage as a sacrament of commitment.
	My friends and Other People.	Relationships are important. Jesus called us to live in communion with each other.	How we relate to each other. What is appropriate and affirming? How relationships can be abusive and damaging.
	Relating to Others	Friendship and commitment.	Loyalty and fidelity.