

A stable committed relationship

Two adults may have developed a friendship and love for each other that they want to spend the rest of their lives together. They share everything with each other, including their hopes and fears, their ambitions, the good things that happen to them and the things that upset them. The more they love each other the more loving they are towards each other. They express their love for one another by doing ordinary, routine things, like helping each other out with small chores and also in very big hearted and unselfish ways. (Ask the pupils for some suggestions). They are partners and they support each other. They help each other celebrate when good things happen and comfort each other when life is difficult. They share with one another. They enjoy being close to one another.

Becoming a Parent

Becoming a parent is perhaps the most responsible job that an adult can do in life and it is essential that a lot of thought and preparation is given to it in advance. For this reason, children who have come through puberty must be taught that while they may be physically able to have a baby, they are not ready emotionally or socially to take on this task. Parents/guardians will ensure that their own religious and moral values will be central to what they teach at home. In the RSE programme in school, conception and birth is taught in the context of a loving, stable and committed relationship where new life is respected, valued and cherished. Each school will ensure that teaching about human reproduction and new life will be informed by its religious and moral ethos.

Conception

The most intimate expression of love is when a man and woman express their love for one another physically in sexual intercourse. During sexual intercourse the man and woman become physically close to one another and the man's penis enters the woman's vagina. This is a special experience for the man and woman and ideally happens in the context of a committed loving relationship as in marriage.

Every month a woman produces an ovum or egg in one of her ovaries. About midway in a woman's menstrual cycle, the ovum is released from the ovary and travels along the fallopian tube. There are two fallopian tubes connecting the ovaries to the womb. If the ovum is fertilised by the woman having sexual intercourse during this time, conception can take place. The fertilised egg makes its way to the womb and embeds itself in the soft lining where the growth of a baby begins. The woman's periods stop for the duration of the pregnancy. If conception does not take place, the ovum is shed from the body during the woman's period.

Different Kinds of Love

Love between a man and a woman is called Heterosexual Love.

Love between people of the same gender is called Homosexual Love (Gay or Lesbian Love).

Platonic love is the love you feel for your friends and family.

Feelings can be very confusing at this time in your life. This is a perfectly normal part of growing up and things often become clearer as we get older.

Round: One thing I learned was:

Encourage the children to say one thing they learned in class and to think of an aspect of the lesson which was not mentioned by the other pupils.