

<b>Module</b>	<b>Session Title</b>	<b>Session Length</b>	<b>Curriculum Statements</b>
<b>Module 1 Unit 1</b>	Story Sessions: Calming the Storm	5x 15 minutes sessions over 5 days	<ul style="list-style-type: none"> <li>• We were created individually by God who cares for us and wants us to put our faith in Him.</li> <li>• Physically becoming an adult is a natural phase of life.</li> <li>• Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it!</li> </ul>
<b>Module 2: Unit 1</b>	Session 1: Is God Calling You?	45-60 minutes	<ul style="list-style-type: none"> <li>• To know that God calls us to love others.</li> <li>• To know ways in which we can participate in God's call to us.</li> </ul>
<b>Module 2 Unit 3</b>	Session 1: Under Pressure	45-60 minutes	<ul style="list-style-type: none"> <li>• Pressure comes in different forms, and what those different forms are;</li> <li>• There are strategies that they can adopt to resist pressure.</li> </ul>
	Session 2: Do You Want a Piece of Cake?	45-60 minutes	<ul style="list-style-type: none"> <li>• Understand what consent and bodily autonomy means;</li> <li>• Discuss and reflect on different scenarios in which it is right to say 'no'.</li> </ul>
	Session 3: Self-Talk	45-60 minutes	<ul style="list-style-type: none"> <li>• Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions;</li> <li>• Apply this approach to personal friendships and relationships</li> </ul>
<b>Module 2 Unit 3</b>	Session 1: Sharing Isn't Always Caring	45-60 minutes	<ul style="list-style-type: none"> <li>• To recognise that their increasing independence brings increased</li> </ul>

			<p>responsibility to keep themselves and others safe.</p> <ul style="list-style-type: none"> <li>• How to use technology safely.</li> <li>• That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others.</li> <li>• How to report and get help if they encounter inappropriate materials or messages.</li> </ul>
	Session 2: Cyberbullying (+Classroom Shorts)	45-60 minutes	<ul style="list-style-type: none"> <li>• What the term cyberbullying means and examples of it;</li> <li>• What cyberbullying feels like for the victim;</li> <li>• How to get help if they experience cyberbullying.</li> </ul>
	Session 3: Types of Abuse (+Classroom Shorts)	45-60 minutes	<ul style="list-style-type: none"> <li>• To judge well what kind of physical contact is acceptable or unacceptable and how to respond.</li> <li>• That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests.</li> </ul>
	Session 4: Impacted Lifestyles (+Classroom Shorts)	45-60 minutes	<ul style="list-style-type: none"> <li>• Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body.</li> <li>• Learn how to make good choices about substances that will have a positive impact on their health.</li> </ul>

			<ul style="list-style-type: none"> <li>• Know that our bodies are created by <i>God</i>, so we should take care of them and be careful about what we consume.</li> </ul>
	Session 5: Making Good Choices	45-60 minutes	<ul style="list-style-type: none"> <li>• Recognise how they may come under pressure when it comes to drugs, alcohol and tobacco</li> <li>• Learn that they are entitled to say "no" for all sorts of reasons, but not least in order to protect their <i>God-given</i> bodies</li> </ul>
	Session 6: Giving Assistance	45-60 minutes	<ul style="list-style-type: none"> <li>• The recovery position can be used when a person is unconscious but breathing.</li> <li>• DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance.</li> </ul>
<b>Module 3 Unit 1</b>	Session 1: The Holy Trinity	45-60 minutes	<ul style="list-style-type: none"> <li>• Children will know that <i>God</i> is Trinity - a community of persons</li> <li>• Children will know that the Church is the Body of Christ.</li> </ul>
	Session 2: Catholic Social Teaching	45-60 minutes	<ul style="list-style-type: none"> <li>• Children will develop a deeper understanding of Catholic Social Teaching, so that pupils are growing to be:</li> <li>• Just, understanding that the way we live has an impact on others locally, nationally and globally</li> <li>• Self-giving, able to put aside their own wants for the common good, serving all of humanity and caring for creation</li> </ul>

			<ul style="list-style-type: none"> <li>Equipped to calmly stand up for their faith, for friends and their community and for victims of injustice.</li> </ul>
<b>Module 3 Unit 2</b>	Session 1: Reaching Out	45-60 minutes	<ul style="list-style-type: none"> <li>Pupils will learn to apply the principles of Catholic Social Teaching to current issues.</li> <li>Pupils will find ways in which they can spread God's love in their community.</li> </ul>
<b>Module 3 Unit 2</b>	Session 2: The World of Work	60 minutes	<ul style="list-style-type: none"> <li>To learn about the process of getting a job and consider factors that influence job choices.</li> <li>To understand how stereotyping can affect work aspirations and learn to challenge such attitudes.</li> <li>To consider jobs in different sectors, learning pathways to work and their own job aspirations.</li> </ul>

## British Values Teaching

### Mutual Respect and Tolerance

- To understand the meaning of prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced.
- To understand how multiculturalism and diversity play a big part in teaching us about respect.

### Rule of Law

- To recognise there are human rights, that are there to protect everyone.
- To understand that living under the rule of law protects individual citizens and is essential for their wellbeing and safety.

## **Democracy**

- To recognise how democracy ensures that laws are passed fairly for the good of all.
- To recognise that not all peoples live as part of a democratic society.

## **Individual Liberty**

- To consider the impact that the choices people make have on ourselves and others.