

<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 1 Unit 2</b>	Session 1: Gifts and Talents	45-60 minutes	<ul style="list-style-type: none"> <li>• Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community;</li> <li>• Self-confidence arises from being loved by God (not status, etc.).</li> </ul>
	Session 2: Girls' Bodies	45-60 minutes	<ul style="list-style-type: none"> <li>• That human beings are different to other animals;</li> <li>• About the unique growth and development of humans, and the changes that girls will experience during puberty;</li> <li>• About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately;</li> <li>• The need for modesty and appropriate boundaries.</li> </ul>
	Session 3: Boys' Bodies	45-60 minutes	<ul style="list-style-type: none"> <li>• That human beings are different in kind to other animals;</li> </ul>

			<ul style="list-style-type: none"> <li>• About the unique growth and development of humans, and the changes that boys will experience during puberty;</li> <li>• About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately;</li> <li>• The need for modesty and appropriate boundaries.</li> </ul>
	Session 4: Spots and Sleep	45-60 minutes	<ul style="list-style-type: none"> <li>• How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.</li> </ul>
<b>Module 1 Unit 3</b>	Session 1: Body Image	45-60 minutes	<ul style="list-style-type: none"> <li>• To recognise that images in the media do not always reflect reality and can affect how people feel about themselves</li> <li>• That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media</li> </ul>
	Session 2: Peculiar Feelings	45-60 minutes	<ul style="list-style-type: none"> <li>• To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action.</li> <li>• That some behaviour is wrong, unacceptable, unhealthy or risky.</li> </ul>
	Session 3: Emotional Changes	45-60 minutes	<ul style="list-style-type: none"> <li>• Emotions change as they grow up (including hormonal effects);</li> <li>• To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action;</li> </ul>

			<ul style="list-style-type: none"> <li>About emotional well-being: that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being.</li> </ul>
	Session 4: Seeing Stuff Online	45-60 minutes	<ul style="list-style-type: none"> <li>The difference between harmful and harmless videos and images;</li> <li>The impact that harmful videos and images can have on young minds;</li> <li>Ways to combat and deal with viewing harmful videos and images</li> </ul>
<b>Module 1 Unit 4</b>	Session 1: Making Babies (Part 1)	45-60 minutes	<ul style="list-style-type: none"> <li>How a baby grows and develops in its mother's womb.</li> </ul>
	Session 2 Making Babies (Part 2) May be omitted or may be set as homework task with parents.	45-60 minutes	<ul style="list-style-type: none"> <li>Basic scientific facts about sexual intercourse between a man and woman;</li> <li>The physical, emotional, moral and spiritual implications of sexual intercourse;</li> <li>The Christian viewpoint that sexual intercourse should be saved for marriage.</li> <li>*Optional. See your Programme Coordinator</li> </ul>
	Session 3: Menstruation	45-60 minutes	<ul style="list-style-type: none"> <li>About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life;</li> <li>Some practical help on how to manage the onset of menstruation.</li> </ul>

<b>Module 1 Unit 4</b>	Session 4: Hope Beyond Death	60 minutes	<ul style="list-style-type: none"> <li>• What 'death' means</li> <li>• About some feelings often connected with grief</li> <li>• What the Christian faith says about death and eternal life</li> <li>• Some ways to support themselves and others when they are grieving</li> </ul>
	Session 5: Coping With Change (+Classroom Shorts)	60 minutes	<ul style="list-style-type: none"> <li>• That there are many emotions and feelings connected with change.</li> <li>• That gratitude and positivity help build resilience.</li> <li>• Coping strategies to manage changes.</li> <li>• That God is always with them.</li> </ul>
<b>Module 2 Unit 2</b>	Session 4: Build Others Up	60 minutes	<ul style="list-style-type: none"> <li>•</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 God 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 3: Money and Me (+Classroom Shorts)	60 minutes	<ul style="list-style-type: none"> <li>There are a wide variety of payment options.</li> <li>The importance of budgeting and tracking spending and saving.</li> <li>About the hierarchy of needs and other influences on spending choices.</li> <li>Some people have more money than others.</li> <li>God asks us to be good stewards of our money and resources</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.