

St Mary's Catholic Primary School

Relationship, Sex & Health Education Policy (RSHE)

This Policy was created in conjunction with the Little Way Partnership (LWP)



Date of Policy: June 2022 **Approved by: M&WB Committee** **Date of next review: January 2025**

Relationships Education is statutory for all Primary schools from April 2021, and will stand alongside other subjects in terms of scrutiny by inspectors.

The school is committed to safeguarding and promoting the welfare of children and young people and expects all staff, volunteers and visitors to share the same commitment. We follow Gloucestershire Safeguarding Children's Board Procedures.

For more information go to [Gloucestershire Safeguarding Children Partnership - Gloucestershire Safeguarding Children Partnership](#)

This policy must be read in conjunction with the school Child Protection Policy and the Equal Opportunities Policy.

Consultation procedure

During the Covid 19 lockdown situation, as a partnership, we have worked together virtually to review the RSE Curriculum and consult with the Diocese and Governors.

St Mary's has subscribed to Ten Ten's 'Life to the Full' Programme of Study, which has been deemed a work of good practice by the DFE.

The school has consulted with parents virtually via an online presentation, using resources produced by Ten Ten.

Dissemination

A draft Policy has been given to Governors and Head Teachers from the Gloucestershire Catholic Schools Partnership (GCSP) to discuss and ratify through virtual consultation. This will need to be personalised to each school.

- (1) Relationships education, Relationships and Sex education (RSE) and Health Education: Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers (page 4)
- (2) Relationships education, Relationships and Sex education (RSE) and Health Education: Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers (page 19)
- (3) Gravissimum Educationis 1
- (4) Relationships education, Relationships and Sex education (RSE) and Health Education: Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers (page 17)
- (5) CES checklist for External Speakers to Schools, 2016
- (6) Relationships Education, Relationships and Sex education (RSE) and Health Education, Managing difficult questions p23

Defining Relationships and Sex Education.

The DfE guidance states that ‘children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way’ (1)

It is about the development of the pupil’s knowledge and understanding of her or him as a sexual being, about what it means to be fully human, called to live in healthy relationships with self and others and being enabled to make moral decisions in conscience.

The focus will be on ‘teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.’ (2) This will include the topics of families and the people who care for me, caring friendships, respectful relationships, online relationships and being safe.

Statutory Curriculum Requirements

We are legally required to teach those aspects of RSE that are statutory parts of National Curriculum Science. However, the reasons for our inclusion of RSE go further:

Rationale

‘I have come that you may have life, and have it to the full’ (John 10 v10)

We are involved in relationships and sex education precisely because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins the approach to all education in a Catholic school. Our approach to RSE, therefore, is rooted in the Catholic Church’s teaching of the human person and presented in a positive framework of Christian ideals.

At the heart of the Christian life is the Trinity: Father, Son and Spirit in communion, united in loving relationship and embracing all people and all creation. As a consequence of the Christian belief that we are made in the image and likeness of God, gender and sexuality are seen as God’s gift, reflect God’s beauty, and share in the divine creativity. RSE, therefore, will be placed firmly within the context of relationship as it is there that sexuality grows and develops.

Following the guidance of the Bishops of England and Wales and as advocated by the DfE, RSE will be firmly embedded in the PSHE framework as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils. It is centred on Christ’s vision of being human as good news and will be positive and prudent, showing the potential for development, while enabling the dangers and risks involved to be understood and appreciated.

RSE will be in accordance with the Church’s moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from. It will also prepare all our pupils for life in modern Britain.

Values and Virtues

The ‘Life to the Full’ programme of study enshrines Catholic values relating to the importance of stable relationships, marriage and family life.

These are enshrined within the ‘Life to the Full’ scheme of work: *faith, hope, love, wisdom, justice fortitude, temperance and prudence*.

It also promotes those virtues which are essential in responding to the God’s call to love others with a proper respect for their dignity and the dignity of the human body.

Aim of RSE and the School's Mission Statement

Our Mission Statement commits us to the education of the whole child (spiritual, physical, intellectual, moral, social, cultural and emotional) and we believe that RSE is an integral part of this education. Furthermore, our school endeavours to raise pupils' self-esteem, help them to grow in knowledge and understanding, recognise the value of all persons and develop caring and sensitive attitudes. ***It is in this context that we commit ourselves, in partnership with parents:***

to provide children and young people with a 'positive and prudent sexual education' (3) which is compatible with their physical, cognitive, psychological, and spiritual maturity, and rooted in a Catholic vision of education and the human person.

Objectives

To develop the following attitudes and virtues:

- reverence for the gift of human sexuality and fertility;
- respect for the dignity of every human being – in their own person and in the person of others;
- joy in the goodness of the created world and their own bodily natures;
- responsibility for their own actions and a recognition of the impact of these on others;
- recognising and valuing their own sexual identity and that of others;
- celebrating the gift of life-long, self-giving love;
- recognising the importance of marriage and family life;
- fidelity in **mutually-supportive** relationships

To develop the following personal and social skills:

Making sound judgements and good choices which have integrity, and which are respectful of the individual's commitments;

- loving and being loved, and the ability to form friendships and loving, stable relationships, which are free from exploitation, abuse and bullying;
- managing emotions within relationships, and when relationships break down, with confidence, sensitivity and dignity;
- managing conflict positively; recognising the value of difference;
- cultivating humility, mercy and compassion, learning to forgive and be forgiven;
- developing self-esteem and confidence, demonstrating self-respect and empathy for others;
- building resilience and the ability to resist unwanted pressures, recognising the influence and impact of the media, internet and peer groups and so developing the ability to assess pressures and respond appropriately;
- being patient, delaying gratification and learning to recognise the appropriate stages in the development of relationships, and how to love chastely;
- assessing risks and managing behaviours in order to minimise the risk to health and personal integrity.

To know and understand:

- the Church's teaching on relationships and the nature and meaning of sexual love;
- the Church's teaching on marriage and the importance of marriage and family life;
- the centrality and importance of virtue in guiding human living and loving;
- the physical and psychological changes that accompany puberty;
- the facts about human reproduction, how love is expressed sexually and how sexual love plays an essential and sacred role in procreation;

Outcomes**Inclusion and differentiated learning**

We will ensure RSE is sensitive to the different needs of individual pupils in respect of pupils' different abilities, levels of maturity and personal circumstances (for example their own sexual orientation, Faith or culture) and that it is taught in a way that does not subject pupils to discrimination.

Lessons will also help children to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber-bullying), use of prejudice-based language and how to respond and ask for help. **In looking at these questions, it is important to draw links to the School's Inclusion Policy.*

Equalities obligations

The Governing Body has wider responsibilities under the Equalities Act 2010 and will ensure that the school strives to do the best for all pupils, irrespective of disability, educational needs, race, nationality, ethnic or national origin, pregnancy, maternity, sex, gender identity, religion or sexual orientation, or whether they are looked-after children.

Broad content of RSE

Three aspects of RSE - attitudes and values, knowledge and understanding, and personal and social skills will be provided in three inter-related ways: the whole school / ethos dimension; a cross-curricular dimension and a specific Relationships and Sex Curriculum.

St Mary's chosen programme of Study is Ten Ten's 'Life to the Full'.

'Life to the Full' is a fully integrated and holistic programme, developed for ages 3-19 years, which equips pupils from a Catholic perspective and gives them strategies to support their safety and emotional well-being e.g. simplified CBT.

It includes a platform of creative resources alongside lesson plans to engage, inform and inspire utilising interactive video content, story-based activities, worship music and prayers.

'Life to the Full' includes built in assessment, as well as a parent platform and leaflet, with an overview of study for the Primary years.

'Life to the Full' Programme of Study is split into **3 core themes** (broken down into units of work) across all Key Stages:

Core theme 1: Created and Loved by God:

- Religious understanding: *this theme explores the individual person, rooted in Biblical teaching, that we are created in the image and likeness of God. Children are helped to develop an understanding of the importance of valuing themselves as the basis for personal relationships*
- Me, my body and my health.
- Emotional well-being
- Life cycles

Core theme 2: Created to love others

- Religious understanding: *this theme explores the individual's relationship with others and how we take this calling into our family, friendships and relationships. It teaches strategies for healthy relationships and staying safe*
- Personal relationships
- Keeping safe

Core theme 3: Created to live in community

- Religious understanding: *this theme explores the individual's relationship with the wider world; how humans are relational by nature, and are called to love others in the wider community through service, dialogue and working for the common good*
- Living in the wider world

Key Stage outcomes (using Ten Ten's 'Life to the Full' POS* - see map for KS1-KS2 is attached at end of Policy (appendix i):

By the end of EYFS pupils learn:

- About our uniqueness and that difference in gifts and talents; how to look after and use our bodies (including the vocabulary around this topic); the necessity of when and how to say sorry in relationships and about Jesus' forgiveness; growing up as God's plan for us
- Expand their vocabulary of naming different family and friend relationships; consider positive and negative behaviour in relationships and learn to look to Jesus as their role model for a good friend. They will learn about resolving conflict and the importance of asking for forgiveness when necessary.
- About practical ways to stay safe inside and out, including medicine safety and people who help us in emergencies. (*Keeping Safe unit*)

By the end of KS1 pupils learn:

- We are uniquely made by a loving God; we have differences and similarities (including physical difference between boys and girls); key information about keeping healthy, understanding feelings and emotions (including stronger emotions like anger); the cycle of life from birth to old age (*core theme 1*)
- To identify the special people in their lives, who they love and can trust, and how to cope with various social situations and dilemmas, the importance of saying sorry, trust and forgiveness in relationships (*core theme 2: personal relationships aspect*)
- To explore risks online (incorporating Smartie the penguin and resources from Childnet); the difference between good and bad secrets and teaching physical boundaries (incorporating PANTS resource from NSPCC) (*core theme 2: keeping safe aspect*)
- About the effects of harmful substances (including alcohol and tobacco), basic First Aid and how to identify and what to do in a 999 emergency situation.

By the end of lower KS2 pupils learn:

- To understand differences; respecting their bodies; puberty and changing bodies; strategies to support emotional well-being; developing an understanding of life before birth (*core theme 1*)
- To develop a more complex understanding of different family structures; activities and strategies to help develop healthy relationships with family and friends; taught simplified CBT techniques for managing thoughts, feelings and actions (includes NSPCC resources) (*core theme 2*)
- Learn in greater depth about the effects of drugs, alcohol and tobacco, and how to make good choices.
- What to do in emergency situations.

By the end of upper KS2 pupils learn:

- Appreciation of physical and emotional differences; physical changes in girls and boys; about body image; strong emotional feelings; impact of internet and social media on emotional well-being (including teaching on pornography); a more nuanced and scientific understanding of life in the womb, how babies are made and menstruation (*core theme 1*)
- Strategies for more complex experiences of relationships and conflict, including how to respond to spoken and unspoken pressure; the concept of consent and some practical demonstrations of this; how our thoughts and feelings impact how we act (*core theme 2: personal relationships aspect*)
- Risks of sharing and chatting online and different forms of abuse (*core theme 2: keeping safe aspect*)
- How drugs, alcohol and tobacco can negatively affect people's lifestyles and the body's natural functioning; discuss how to make good choices - even in pressured situations
- Essential First Aid, such as DR ABC and the recovery position

Across all Key Stages, for core theme 3, pupils learn (including through story sessions):

- about the concept of the Trinity: that just like the Trinity of God, we are made to love God and others, and this extends to our families, friendships and the wider world
- about the work of some charities which work for the Common Good

How RSE will be taught

At St Mary's, RSE will be taught across the three terms of the school year, following units of work each term. It will complement and add to the PHSE Curriculum.

Teaching strategies will include:

- establishing ground rules
- discussion
- project learning
- reflection
- experiential
- active
- brainstorming
- film & video
- group work
- role-play
- trigger drawings
- values clarification

Evidencing work

'Life to the Full' Programme of Study is based on a spiral curriculum model, which has repetition at its core. Assessment tasks are woven into the Programme to revise and build on prior learning.

RSE sits within the broader Curriculum for PHSE and, therefore, RSE will be recorded in pupil books for RSE with PHSE.

Parents and Carers

We recognise that parents, and other carers *in loco parentis*, are the primary educators of their children. As a Catholic school, we provide the principle means by which the Church assists parents and carers in educating their children. Therefore, the school will support parents and carers by providing material to be shared with their children at home; an online introduction and resources developed by Ten Ten for parents and carers will help them to find out more.

Parents and carers will be informed when the more sensitive aspects of RSE will be covered in order that they can be prepared to talk and answer questions about their children's learning.

Ten Ten have developed a parent portal so parents and carers can ask questions and work alongside their child as they progress on their learning journey.

Parents and carers will be consulted during the development of the RSE programme, as well as during the process of monitoring, review and evaluation.

They will be able to view the RSE Programme resources used by the school on the school's website, and may request a paper copy of the RSE Policy.

The School's aim is that, at the end of the consultation process, every parent and carer will have full confidence in the school's RSE programme to meet their child's needs.

Parents continue to have the ***right to withdraw*** their children from Sex Education, except in those elements which are required by the National Curriculum Science orders.

Should parents wish to withdraw their children, they are asked to notify the school by contacting the Head Teacher. The school will provide support by providing material for parents to help the children with their learning.

We believe that the controlled environment of the classroom is the safest place for this curriculum to be followed. *Parents may wish to refer to DFE guidance p17 for further details on the right to be excused from sex education (commonly referred to as the 'right to withdraw') (4)*

At St Mary's, children will be taught that everyone has an inherent dignity because we are made in the image and likeness of God. 'Any behaviour which undermines someone's dignity is completely unacceptable and must be challenged in the context of a Christian community, which seeks to model God's love and the values of His Kingdom.' (Pope Benedict 'Truth in Love').

Balanced curriculum

Whilst promoting Catholic values and virtues and teaching in accordance with Church teaching, we will ensure that pupils are offered a balanced programme by providing an RSE programme that offers a range of viewpoints on issues.

Pupils will also receive clear scientific information as well as covering the aspects of the law pertaining to RSE. Knowing about facts and enabling young people to explore differing viewpoints is not the same as promoting behaviour and is not incompatible with our School's promotion of Catholic teaching. We will ensure that pupils have access to the learning they need to stay safe, healthy and understand their rights as individuals.

Responsibility for teaching the programme

Responsibility for the specific Relationships and Sex Education programme lies with the Head Teacher and RE subject leader.

However, all staff will be involved in developing the attitudes and values aspect of the RSE programme. They will be role models for pupils of good, healthy, wholesome relationships as between staff, other adults and pupils. They will also be contributing to the development of pupils' personal and social skills.

External Visitors

External visitors may be called upon to help and guide from outside agencies and Health specialists to deliver aspects of RSE. Such visits will always complement the current programme and never substitute or replace teacher led sessions.

It is important that any external visitor is clear about their role and responsibility whilst they are in school delivering a session. Any visitor must adhere to the School's code of practice developed in line with CES guidance 'Checklist for External Speakers to Schools (5)' and Ten Ten's checklist for school visitors.

Health professionals should follow the school's policies, minimising the potential for disclosures or inappropriate comments using negotiated ground rules and distancing techniques as other teachers would. They will ensure that all teaching is rooted in Catholic principles and practice.

Other roles and responsibilities regarding RSE

Governors:

- ratify the RSE Policy (as part of the GCSP partnership) in consultation with parents and teachers;
- ensure that the Policy is available to parents and carers;
- ensure that the Policy is in accordance with other whole school policies, e.g. SEND, the ethos of the school and our Christian beliefs;
- ensure that parents know of their right to withdraw their children;
- establish a link Governor to share in the monitoring and evaluation of the programme, including resources used;
- ensure that the policy provides proper and adequate coverage of relevant National Curriculum Science topics and the setting of RSE within RE and PSHE.

Head Teacher:

The Head Teacher takes overall delegated responsibility for the implementation of this Policy and for liaison with the Governing Body, parents, the Diocesan School's Service and the Local Education Authority, also appropriate agencies.

PHSE/RSE Co-ordinator:

The co-ordinator, with the Head Teacher, has a general responsibility for supporting other members of staff in the implementation of this Policy and will provide a lead in the dissemination of the information relating to RSE and the provision of in-service training. *(They may be supported by the wider Senior Leadership Team).*

All staff:

RSE is a whole-school issue. All staff have a responsibility of care, as well as fostering academic progress they should actively contribute to the guardianship and guidance of the physical, moral, spiritual well-being of their pupils. Teachers will be expected to teach RSE in accordance with the catholic ethos of the school. Appropriate training will be made available for all staff teaching RSE. All staff have been included in the development of this Policy and all staff should be aware of the Policy and how it relates to them.

Relationship to other Policies and curriculum Subjects

This RSE Policy is to be delivered as part of the PSHE framework. It includes guidelines about pupil safety and is compatible with the School's other policy documents (for example: Anti-bullying Policy, Safeguarding Policy etc.)

Pupils with particular difficulties whether of a physical or intellectual nature will receive appropriately differentiated support in order to enable them to achieve mature knowledge, understanding and skills. Teaching methods will be adapted to meet the varying needs of this group of pupils.

Learning about RSE in PSHE classes will link to and complement learning in other curriculum areas.

Children's questions

The Governors want to promote a healthy, positive atmosphere in which RSE can take place. They want to ensure that pupils can ask questions freely, be confident that their questions will be answered, and be sure that they will be free from bullying or harassment from other children and young people.

Controversial or sensitive issues

There will always be sensitive or controversial issues in the field of RSE. We acknowledge that there are many different family structures and forms of conception such as; IVF and IUI. These may also be matter of maturity, of personal involvement or experience of children, of disagreement with the official teaching of the Church, of illegal activity or other doubtful, dubious or harmful activity. During these lessons, where questions arise, they will be dealt with sensitively and discretely. The governors believe that children are best educated, protected from harm and exploitation by discussing such issues openly within the context of the RSE programme. The use of ground rules, negotiated between teachers and pupils, will help to create a supportive climate for discussion.

(See also Relationships Education, Relationships and Sex Education (RSE) and Health Education, Managing difficult questions, Page 23 for more detail) 6

Some questions may raise issues which it would not be appropriate for teachers to answer during ordinary class time, for example, where a child or young person's questions hints at abuse, is deliberately controversial or is of a personal nature.

Supporting Children and Young people who are at risk

Children will need to feel safe and secure in the environment in which RSE takes place. Effective RSE will provide opportunities for discussion of what is and is not appropriate in relationships. Such discussion may well lead to disclosure of a safeguarding issue. Teachers will need to be aware of the needs of their pupils and not let any fears and worries go unnoticed. Where a teacher suspects that a child or young person is a victim of (or is at risk of) abuse, they are required to follow the School's Safeguarding Policy and immediately inform the designated senior member or staff responsible.

Confidentiality and advice

All Governors, all teachers, all support staff, all parents and pupils must be aware of this Policy, particularly as it relates to issues of advice and confidentiality.

All lessons, especially those in the RSE Programme, will have the best interests of the pupils at heart, enabling them to grow in knowledge and understanding of relationships and sex, developing appropriate personal and social skills and becoming appreciative of the values and attitudes which underpin the Christian understanding of what it means to be fully human.

Pupils will be encouraged to talk to their parents or carers about the issues which are discussed in the Programme. Teachers will always help pupils facing personal difficulties, in line with the School's pastoral care provision.

Staff should explain to pupils that they cannot offer unconditional confidentiality in matters of illegality or of abuse, in line with the School's Safeguarding procedures. In such an instance, staff will explain that in such circumstances they would have to inform others, e.g., parents, head teacher (*except in an instance of active neglect, where a referral to the MASH Team would not require parental consent*) but that the pupils would always be informed first that such action was going to be taken.

Monitoring and evaluation

In liaison with the GCSP cluster, the RSE Co-ordinator will monitor the provision of the various dimensions of the programme by examining plans, schemes of work and samples of pupils' work at regular intervals.

The Programme will be evaluated biannually by means of questionnaires / response sheets / needs assessment given to pupils, and / or by discussion with pupils, staff and parents.

The results of the evaluation should be reported to these groups of interested parties and their suggestions sought for improvements. Governors will consider all such evaluations and suggestions before ratifying the amended Policy. Governors remain ultimately responsible for the Policy.

Appendices:

Appendix i: Map of learning outcomes for KS1, Lower KS2 and Upper KS2

>Some minor revisions to the order of units / year groups will be applied for September 2022

KS1

MODULE	UNIT	Session		Learning Outcome
Created and Loved By God	Religious Understanding	Handmade With Love		We are created individually by God; God wants us to talk to Him often through the day and treat Him as our best friend; God has created us, his children, to know, love and serve Him in this life and forever - this is our purpose and goal and will bring us true happiness; We are created as a unity of body, mind and spirit: who we are matters and what we do matters; We can give thanks to God in different ways.
	Me My Body and My Health	1.1.1.1	I am Unique	To learn that we are unique, with individual gifts, talents and skills.
		1.1.2.2	Girls & Boy's (My Body)	Our bodies are good; The names of the parts of our bodies (please refer to the Module Overview for important guidance on discussing genitalia); Girls and boys have been created by God to be both similar and different - these differences are physical, emotional and spiritual and together make up the richness of the human family.
		1.1.2.3	Clean & Healthy (My Body)	That it is natural for us to relate to and trust one another; That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc); A language to describe our feelings
	Emotional Well-Being	1.1.3.1	Feelings, Likes and Dislikes	That it is natural for us to relate to and trust one another; That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc); A language to describe our feelings
		1.1.3.2	Feelings Inside Out	Children will have a basic understanding that feelings and actions are two different things, and that our good actions can 'form' our feelings and our character. Simple strategies for managing feelings and for good behaviour;
		1.1.3.3	Super Susie Gets Angry	That choices have consequences; that when we make mistakes we are called to receive forgiveness and to forgive others when they do; That Jesus died on the cross so that we would be forgiven.
	Life Cycles	1.1.4.1	The Cycle of Life	Children will know and appreciate that there are natural life stages from birth to death, and what these are.
Created to Love Others	Religious Understanding	1.2.1.1	God Loves You	We are part of God's family; Saying sorry is important and can mend friendships; Jesus cared for others and had expectations of them and how they should act; We should love other people in the same way God loves us.
	Personal Relationships	1.2.2.1	Special People	To identify 'special people' (their parents, carers, friends, parish priest) and what makes them special; The importance of nuclear and wider family; The importance of being close to and trusting special people and telling them if something is troubling them.
		1.2.2.2	Treat Others Well...	How their behaviour affects other people, and that there is appropriate and inappropriate behaviour; The characteristics of positive and negative relationships; Different types of teasing and that all bullying is wrong and unacceptable.
		1.2.2.3	... and say sorry	To recognise when they have been unkind and say sorry; To recognise when people are being unkind to them and others and how to respond; To know that when we are unkind to others, we hurt God also and should say sorry to him as well; To know that we should forgive like Jesus forgives.
	Keeping Safe	1.2.3.1	Being Safe	Children will actively participate in activities and 'Smartie the Penguin' story; Children will answer questions to know what is and isn't safe online; Children will know who they can go to to talk about anything they feel uncomfortable about, particularly online.
		1.2.3.2	Good Secrets and Bad Secrets	The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them; How to resist pressure when feeling unsafe.
		1.2.3.3	Physical Contact	To know that they are entitled to bodily privacy; That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest.
Created to Live in Community	Religious Understanding	1.3.1.1	Trinity House	That God is love: Father, Son and Holy Spirit; That being made in his image means being called to be loved and to love others.
		1.3.1.2	Who is my Neighbour?	To know what a community is, and that God calls us to live in community with one another; A scripture illustrating the importance of living in community as a consequence of this; Jesus' teaching on who is my neighbour.
	Living in the Wider World	1.3.2.1	The Communities We Live In	That they belong to various communities such as home, school, parish, the wider local community, nation and global community; That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc; That we have a duty of care for others and for the world we live in (charity work, recycling etc.).

Lower KS2

MODULE	UNIT	Session		Learning Outcome
Created and Loved By God	Religious Understanding	2.1.1.1	Designed for a Purpose	We are created individually by God who is Love, designed in His own image and likeness; God made us with the desire to be loved and to love and 'to make a difference': each of us has a specific purpose (vocation); Every human life is precious from the beginning of life (conception) to natural death; Personal and communal prayer and worship are necessary ways of growing in our relationship with God; In Baptism God makes us His adopted children and 'receivers' of His love; by receiving the Sacrament of Reconciliation, we develop good habits (grow in human virtue) It is important to make a nightly examination of conscience.
		2.1.1.2	The Sacraments	That in Baptism God makes us His adopted children and 'receivers' of His love. That by regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue).
	Me, My Body, My Health	2.1.2.1	We Don't Have to be the Same	Similarities and differences between people arise as they grow and make choices, and that by living and working together ('teamwork') we create community. Self-confidence arises from being loved by God (not status, etc).
		2.1.2.2	Respecting our Bodies	About the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do
		2.1.2.3	What is Puberty?	Learn what the term puberty means; Learn when they can expect puberty to take place; Understand that puberty is part of God's plan for our bodies.
		2.1.2.4	Changing Bodies	Learn correct naming of genitalia; Learn what changes will happen to boys during puberty; Learn what changes will happen to girls during puberty.
		2.1.2.5	Discussion Groups	
	Emotional Well Being	2.1.3.1	What Am I Feeling?	That emotions change as they grow up (including hormonal effects); To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action; What emotional well-being means; Positive actions help emotional well-being (beauty, art, etc. lift the spirit); Talking to trusted people help emotional well-being (eg parents/carer/teacher/priest).
		2.1.3.2	What Am I Looking at?	To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.
		2.1.3.3	I am Thankful	Some behaviour is wrong, unacceptable, unhealthy and risky; Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media.
	Life Cycles	2.1.4.1	Life Cycles	That they were handmade by God with the help of their parents; How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception; How conception and life in the womb fits into the cycle of life; That throughout their lives human beings act at three integrated levels: physical, psychological and spiritual.
Created to Love Others	Religious Understanding	2.2.1.1	Jesus, My Friend	That Jesus loves, embraces, guides, forgives and reconciles us with him and one another; The importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness; That relationships take time and effort to sustain; We reflect God's image in our relationships with others: this is intrinsic to who we are and to our happiness.
	Personal Relationships	2.2.2.1	Friends, Family and Others..	Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong; That there are different types of relationships including those between acquaintances, friends, relatives and family; That good friendship is when both persons enjoy each other's company and also want what is truly best for the other; The difference between a group of friends and a 'clique'.
		2.2.2.2	When Things Feel Bad	Develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying; Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond.
	Keeping Safe	2.2.3.1	Sharing Online	To recognise that their increasing independence brings increased responsibility to keep themselves and others safe; How to use technology safely; 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; How to report and get help if they encounter inappropriate materials or messages.
		2.2.3.2	Chatting Online	How to use technology safely; That bad language and bad behaviour are inappropriate; 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; How to report and get help if they encounter inappropriate materials or messages.
		2.2.3.3	Physical Contact	To judge well what kind of physical contact is acceptable or unacceptable and how to respond; That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and parish priest.
	Living in the Wider World	2.3.2.1	How do I Love Others?	
Created to Live in Community	Religious Understanding	2.3.1.1	Trinity House	God is Love as shown by the Trinity - a 'communion of persons supporting each other in their self-giving relationship'; The human family is to reflect the Holy Trinity in mutual charity and generosity.
		2.3.1.2	What is the Church?	That the human family is to reflect the Holy Trinity in mutual charity and generosity; The Church family comprises of home, school and parish (which is part of the diocese).
	Living in the Wider World	2.3.2.1	How do I Love Others?	To know that God wants His Church to love and care for others. To devise practical ways of loving and caring for others.

Upper KS2

MODULE	UNIT	Session		Learning Outcome
Created and Loved By God	Religious Understanding	UK2.1.1.1	Made to Grow	Physically becoming an adult is a natural phase of life. Lots of changes will happen when growing up, and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it! Like Kester, they were made to love and be loved.
	Me, My Body, My Health	UK2.1.2.1	Gifts & Talents	Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community; Self-confidence arises from being loved by God (not status, etc).
		UKS2.1.2.2	Girls' Bodies	That human beings are different to other animals; About the unique growth and development of humans, and the changes that girls will experience during puberty; About the need to respect their bodies as a gift from God to be looked after well, and dressed appropriately; The need for modesty and appropriate boundaries.
		UKS2.1.2.3	Boys' Bodies	That human beings are different in kind to other animals; About the unique growth and development of humans, and the changes that boys will experience during puberty; About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately; The need for modesty and appropriate boundaries.
		UKS2.1.2.4	Spots & Sleep	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.
	Emotional Well Being	UKS2.1.3.1	Body Image	To recognise that images in the media do not always reflect reality and can affect how people feel about themselves That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media
		UKS2.1.3.2	Peculiar Feelings	To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action. That some behaviour is wrong, unacceptable, unhealthy or risky.
		UKS2.1.3.3	Emotional Changes	Emotions change as they grow up (including hormonal effects); To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action; 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
		UKS2.1.3.4	Seeing Stuff Online	The difference between harmful and harmless videos and images; The impact that harmful videos and images can have on young minds; Ways to combat and deal with viewing harmful videos and images
	Life Cycles	UKS2.1.4.1	Making Babies (Pt1)	How a baby grows and develops in its mother's womb.
		UKS2.1.4.2	Making Babies (Pt2)	Basic scientific facts about sexual intercourse between a man and woman; The physical, emotional, moral and spiritual implications of sexual intercourse; The Christian viewpoint that sexual intercourse should be saved for marriage. *Optional. See your Programme Coordinator
		UKS2.1.4.3	Menstruation	About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life; Some practical help on how to manage the onset of menstruation.
Created to Love Others	Religious Understanding	UKS2.2.1.1	Is God Calling You?	To know that God calls us to love others. To know ways in which we can participate in God's call to us.
	Personal Relationships	UKS2.2.2.1	Under Pressure	Pressure comes in different forms, and what those different forms are; There are strategies that they can adopt to resist pressure.
		UKS2.2.2.2	Do You Want a Piece of Cake?	Understand what consent and bodily autonomy means; Discuss and reflect on different scenarios in which it is right to say 'no'.
		UKS2.2.2.3	Self-Talk	Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions; Apply this approach to personal friendships and relationships
	Keeping Safe	UKS2.2.3.1	Sharing Online	To recognise that their increasing independence brings increased responsibility to keep themselves and others safe. How to use technology safely. 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. How to report and get help if they encounter inappropriate materials or messages.
		UKS2.2.3.2	Chatting Online	What the term cyberbullying means and examples of it; What cyberbullying feels like for the victim; How to get help if they experience cyberbullying.
		UKS2.2.3.3	Physical Contact	To judge well what kind of physical contact is acceptable or unacceptable and how to respond. That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests
Created to Live in Community	Religious Understanding	UKS2.3.1.1	Trinity House	Children will know that God is Trinity - a community of persons Children will know that the Church is the Body of Christ -
		UKS2.3.1.2	Catholic Social Teaching	Children will develop a deeper understanding of Catholic Social Teaching, so that pupils are growing to be: Just, understanding that the way we live has an impact on others locally, nationally and globally Self-giving, able to put aside their own wants for the common good, serving all of humanity and caring for creation Equipped to calmly stand up for their faith, for friends and their community and for victims of injustice
	Living in the Wider World	UKS2.3.2.1	Reaching Out	Pupils will learn to apply the principles of Catholic Social Teaching to current issues. Pupils will find ways in which they can spread God's love in their community.

Appendix ii: Outline of Key Stage units of work

Early Years Foundation Stage One-Page Overview  	Key Stage One One-Page Overview  
Module 1: Created and Loved by God Unit 1: Religious Understanding Story Sessions: Handmade with Love Unit 2: Me, my body, my health Session 1: I Am Me Session 2: Heads, Shoulders, Knees and Toes Session 3: Ready Teddy? Unit 3: Emotional well-being Session 1: I Like, You Like, We All Like! Session 2: Good Feelings, Bad Feelings Session 3: Let's Get Real Unit 4: Life cycles Session 1: Growing Up Module 2: Created to Love Others Unit 1: Religious Understanding Session 1: Role Model Unit 2: Personal Relationships Session 1: Who's Who? Session 2: You've Got a Friend in Me Session 3: Forever Friends Unit 3: Keeping Safe Session 1: Safe Inside and Out Session 2: My Body, My Rules Session 3: Feeling Poorly Session 4: People Who Help Us Module 3: Created to Live in Community Unit 1: Religious Understanding Session 1: God is Love Session 2: Loving God, Loving Others Unit 2: Living in the Wider World Session 1: Me, You, Us	Module 1: Created and Loved by God Unit 1: Religious Understanding Story Sessions: Let the Children Come <i>NEW for 2020 replacing Kester's Adventures*</i> Unit 2: Me, my body, my health Session 1: I am Unique Session 2: Girls and Boys Session 3: Clean & Healthy <i>*UPDATED for 2020*</i> Unit 3: Emotional well-being Session 1: Feelings, Likes and Dislikes Session 2: Feeling Inside Out Session 3: Super Susie Gets Angry Unit 4: Life cycles Session 1: The Cycle of Life <i>*UPDATED for 2020*</i> Module 2: Created to Love Others Unit 1: Religious Understanding Session 1: God Loves You Unit 2: Personal Relationships Session 1: Special People Session 2: Treat Others Well... Session 3: ...and Say Sorry Unit 3: Keeping Safe Session 1: Being Safe Session 2: Good Secrets & Bad Secrets Session 3: Physical Contact Session 4: Harmful Substances <i>*NEW for 2020*</i> Session 5: Can You Help Me? <i>*NEW for 2020*</i> (can be split into 2 sessions) Module 3: Created to Live in Community Unit 1: Religious Understanding Session 1: Three in One <i>*UPDATED for 2020*</i> Session 2: Who Is My Neighbour? Unit 2: Living in the Wider World Session 1: The Communities We Live In

Lower Key Stage Two

One-Page Overview

Ten:Ten
Resources



Module 1: Created and Loved by God	
Unit 1: Religious Understanding	
Story Sessions: Get Up! <i>NEW for 2020 replacing Kester's Adventures*</i>	
Unit 2: Me, my body, my health	
Session 1: We Don't Have To Be The Same	
Session 2: Respecting Our Bodies	
Session 3: What Is Puberty? (recommended for Year 4+)	
Session 4: Changing Bodies (recommended for Year 4+)	
Session 5: Discussion Groups (recommended for Year 4+)	
Unit 3: Emotional well-being	
Session 1: What Am I Feeling?	
Session 2: What Am I Looking At?	
Session 3: I Am Thankful	
Unit 4: Life cycles	
Session 1: Life Cycles	
Module 2: Created to Love Others	
Unit 1: Religious Understanding	
Story Sessions: Jesus, My Friend	
Unit 2: Personal Relationships	
Session 1: Friends, Family & Others	
Session 2: When Things Feel Bad	
Unit 3: Keeping Safe	
Session 1: Sharing Online	
Session 2: Chatting Online	
Session 3: Safe In My Body	
Session 4: Drugs, Alcohol & Tobacco <i>*NEW for 2020*</i>	
Session 5: First Aid Heroes <i>*NEW for 2020*</i>	
Module 3: Created to Live in Community	
Unit 1: Religious Understanding	
Session 1: A Community of Love <i>*UPDATED for 2020*</i>	
Session 2: What is the Church?	
Unit 2: Living in the Wider World	
Session 1: How Do I Love Others?	

Upper Key Stage Two

One-Page Overview

Ten:Ten
Resources



Module 1: Created and Loved by God	
Unit 1: Religious Understanding	
Story Sessions: Calming the Storm <i>NEW for 2020 replacing Kester's Adventures*</i>	
Unit 2: Me, my body, my health	
Session 1: Gifts and Talents	
Session 2: Girls' Bodies	
Session 3: Boys' Bodies	
Session 4: Spots and Sleep	
Unit 3: Emotional well-being	
Session 1: Body Image	
Session 2: Peculiar Feelings	
Session 3: Emotional Changes	
Session 4: Seeing Stuff Online	
Unit 4: Life cycles	
Session 1: Making Babies Pt1	
Session 2: Making Babies Pt2 <i>*Optional. See your Programme Coordinator*</i>	
Session 3: Menstruation	
Module 2: Created to Love Others	
Unit 1: Religious Understanding	
Session 1: Is God Calling You?	
Unit 2: Personal Relationships	
Session 1: Under Pressure	
Session 2: Do You Want a Piece of Cake?	
Session 3: Self-Talk	
Unit 3: Keeping Safe	
Session 1: Sharing Isn't Always Caring	
Session 2: Cyberbullying	
Session 3: Types of Abuse	
Session 4: Impacted Lifestyles <i>*NEW for 2020*</i>	
Session 5: Making Good Choices <i>*NEW for 2020*</i>	
Module 3: Created to Live in Community	
Unit 1: Religious Understanding	
Session 1: The Trinity <i>*UPDATED for 2020*</i>	
Session 2: Catholic Social Teaching	
Unit 2: Living in the Wider World	
Session 1: Reaching Out	