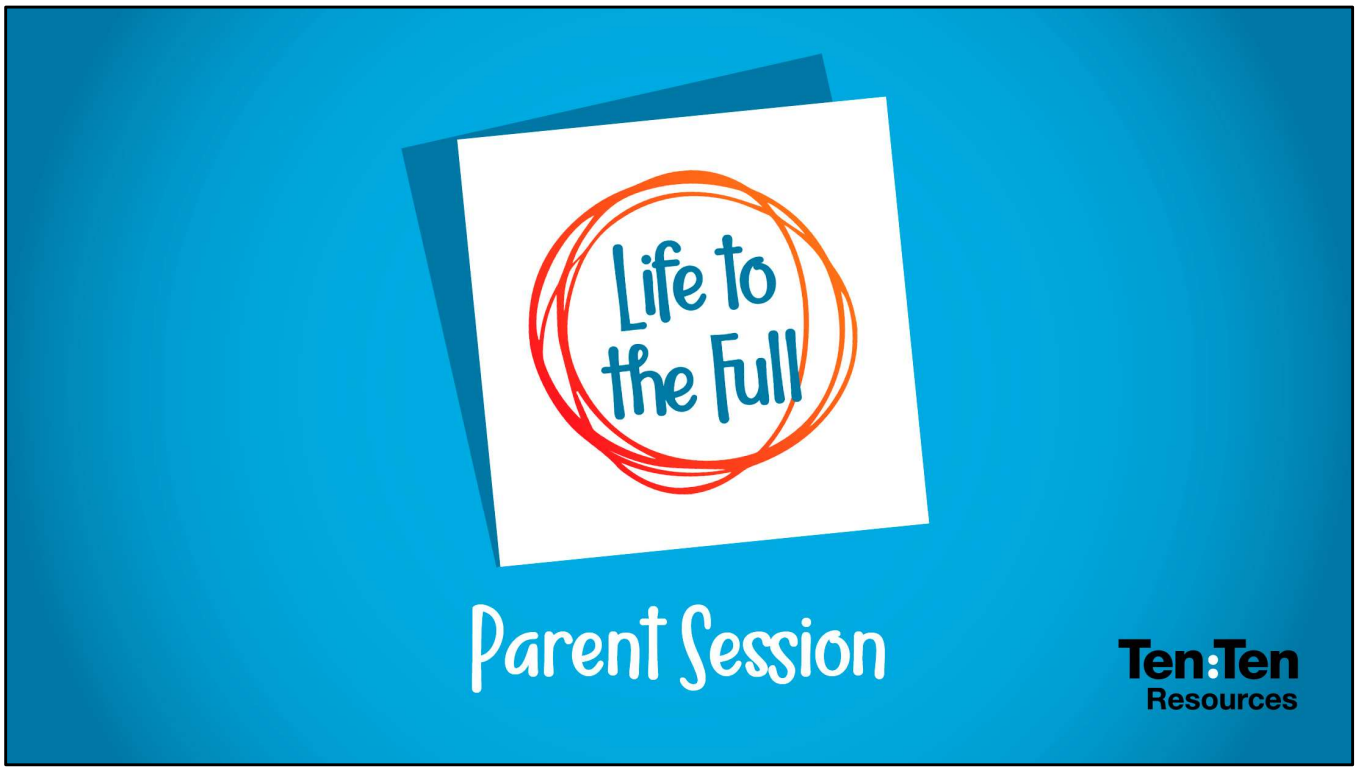


Introduction (3 mins)
Slide 1

Welcome your parents to the Relationship and Health Education parent session. In this brief introduction, explain:

- **What** your school is doing (implementing a new Catholic ethos Relationship and Health Education programme that meets the government's new statutory RSE guidelines)
- **Why** your school is choosing to use the programme (e.g. recommended by the diocese/another school, to meet criteria for statutory RSE, growing partnership with Ten Ten Resources etc.)
- **Who** Ten Ten Resources is (an award-winning theatre, film and educational organisation working in Catholic primary and secondary schools throughout the UK
- **When** the programme will be rolled out in school

RSHE – Relationships, Sex and Health Education









Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, 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. This is why Relationships Education is compulsory in all primary schools in England.

RSHE Curriculum









- The national curriculum for RSHE was made statutory in 2019. The link for this is below. You can also visit The Priory website where Mrs Grimes, who leads the RSHE, has put on our school policy and further information. https://assets.publishing.service.gov.uk/media/6970e7e67e827090d02d42e0/Relationships_education_relationships_and_sex_education__RSE__and_health_education__for_intro_1_September_2026_.pdf
- To deliver this within school, we are using a Catholic scheme called Ten:Ten

Inclusivity and right to withdraw

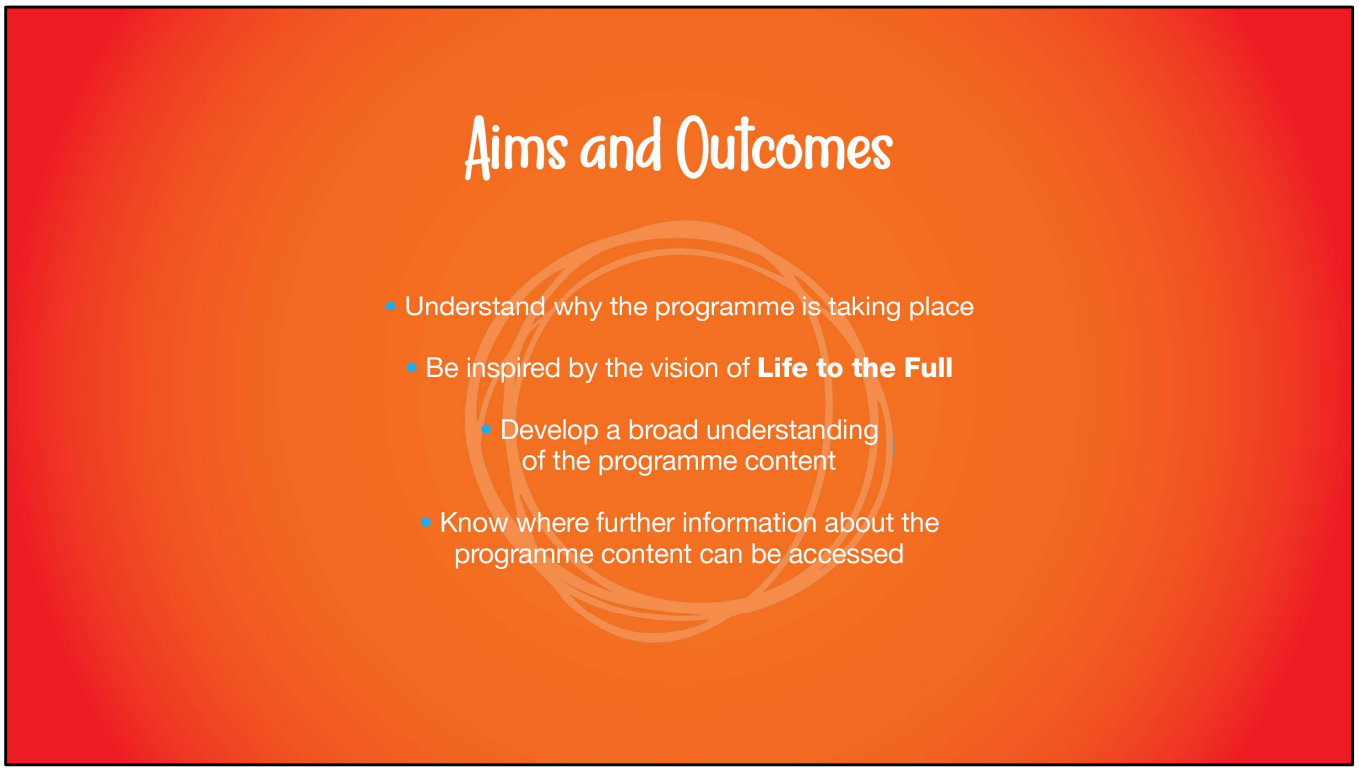








- Pupils will be taught the facts about all topics we cover in an age-appropriate and inclusive way. Should we feel something may not be appropriate or that it needs to be taught in a different way we will tailor the programme in such a way to meet the needs of individual children.
- The RHE elements of the curriculum is compulsory, however parents do have the right to request that your child is withdrawn from some or all of the sex education delivered. Should you want to do this please contact Miss Fitzpatrick via dojo where we can organise a meeting to then discuss this with you further.



Slide 2

Outline what you are going to cover in this session and tell parents how long you expect the session to last.

Aims and outcomes

Parents will:

- Understand why the programme is taking place;
- Be inspired by the vision of Life to the Full;
- Develop a broad understanding of the programme content;
- Know where further information about the programme content can be accessed.
- [Optional] Contribute to Key Decisions about the programme content

NB. The line about contributing to Key Decisions has been omitted from the list on Slide 2; however, it has been added as an additional slide at the end of the presentation (Slide 28) which you can use instead of this slide.



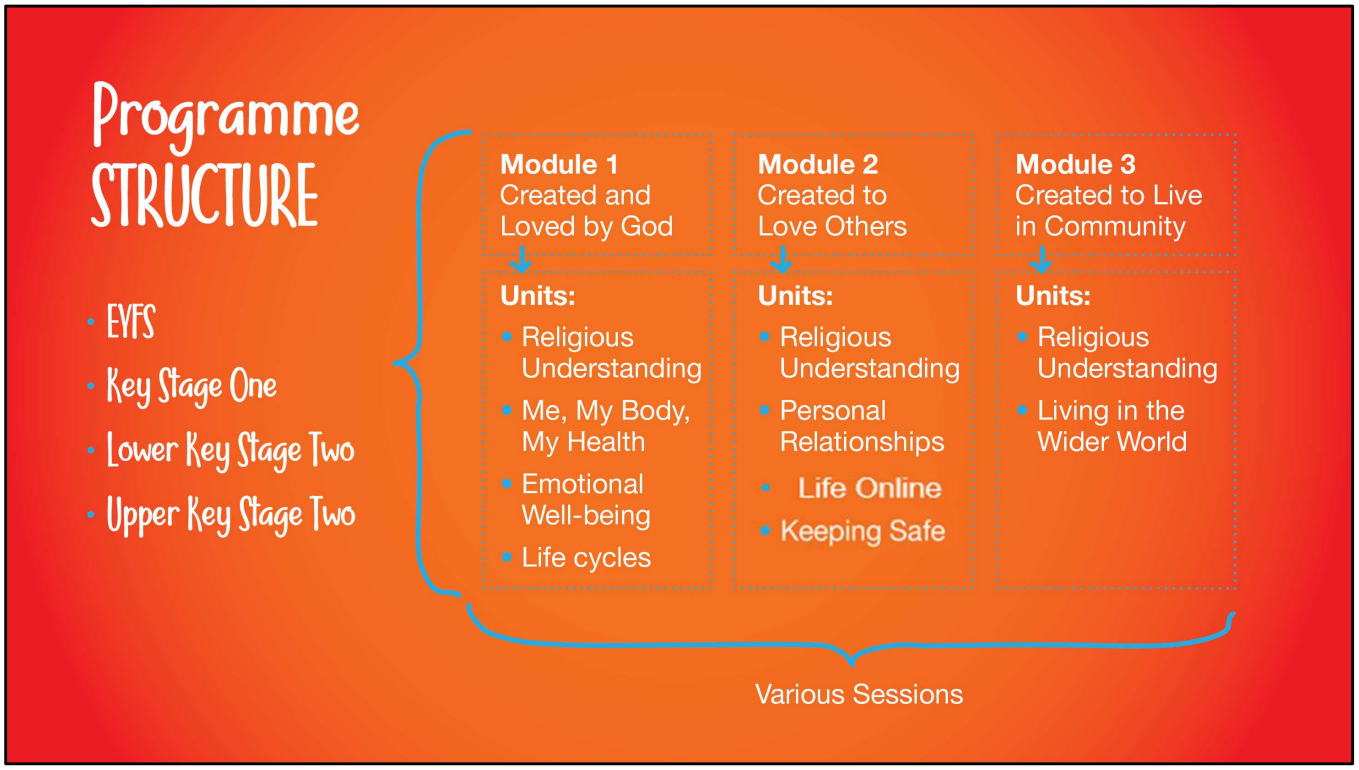
Vision Film (12 mins)

Slide 3

To begin, watch together the Vision of **Life to the Full**, a 12-minute video made by Ten Ten Resources. This film briefly outlines:

- The Catholic vision of the human person;
- How this relates to Relationship and Health Education in schools; and
- The inclusive and pastoral nature of the programme.

Play: Vision Film
https://www.tentenresources.co.uk/videos/the-vision/



Programme Content (3 mins)

Slide 4

Handout a copy of **Appendix One: A5 Booklet** to every parent.

Using the booklets and slides for reference, provide a brief overview of the programme structure.

Learning Stages

Explain that the programme adopts a **spiral curriculum** taught across 3 learning stages. **Click** to reveal the 3 learning stages and explain the year groups they relate to:

- **Early Years Foundation Stage** is aimed at Preschool and Reception
- **Key Stage One** is aimed at Years 1 and 2
- **Lower Key Stage Two** is aimed at Years 3 and 4
- **Upper Key Stage Two** is aimed at Years 5 and 6

Modules

Explain that each learning stage covers the same 3 modules. Click to reveal the titles of the 3 modules:

- Created and Loved by God
- Created to Love Others
- Created to Live in Community

We will discuss these in more detail later.

Units

Explain that each module also covers the same Unit topics across each learning stage. Click to reveal the titles of the Units within each Module:

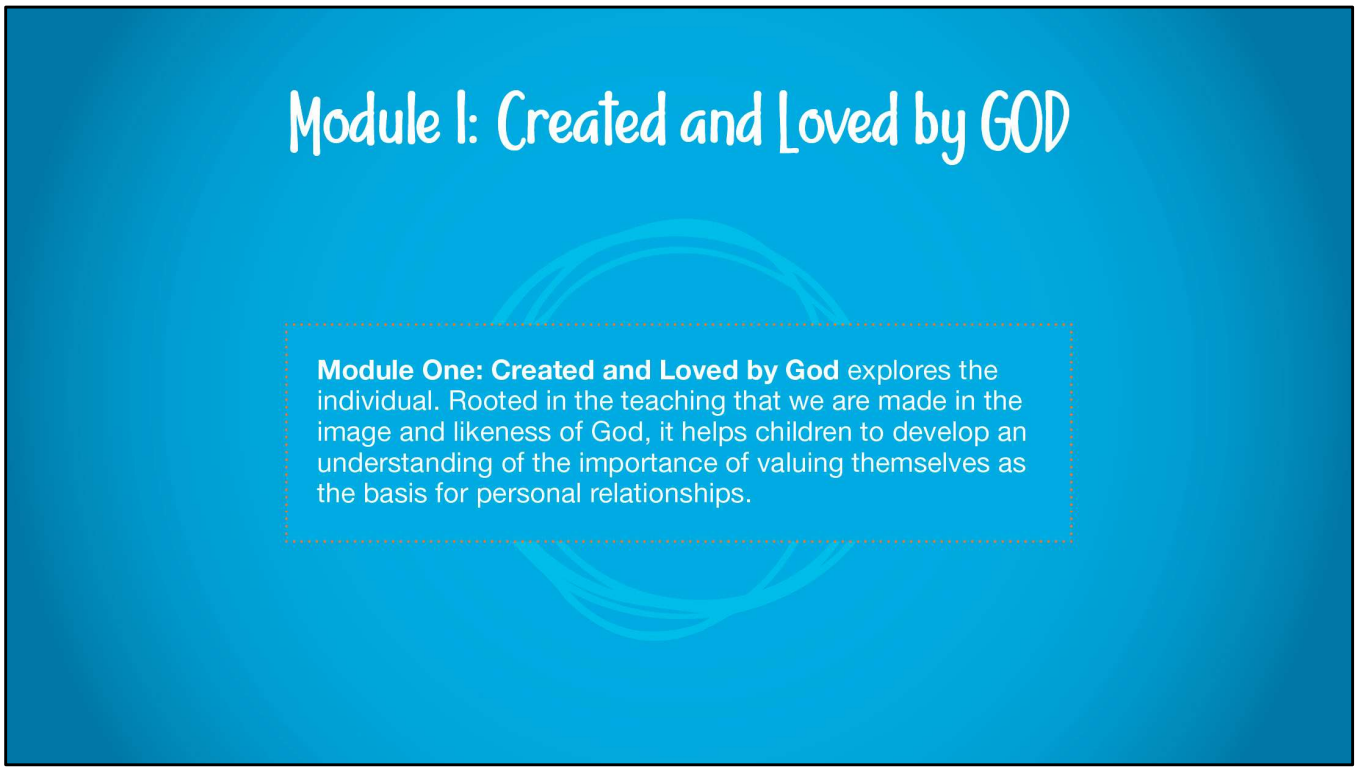
- Module 1 Units
  - Religious Understanding
  - Me, my body, my health
  - Emotional well-being
  - Life cycles

- Module 2 Units
  - Religious Understanding
  - Personal Relationships
  - Life Online
  - Keeping Safe

- Module 3 Units
  - Religious Understanding
  - Living in the Wider World

Lessons

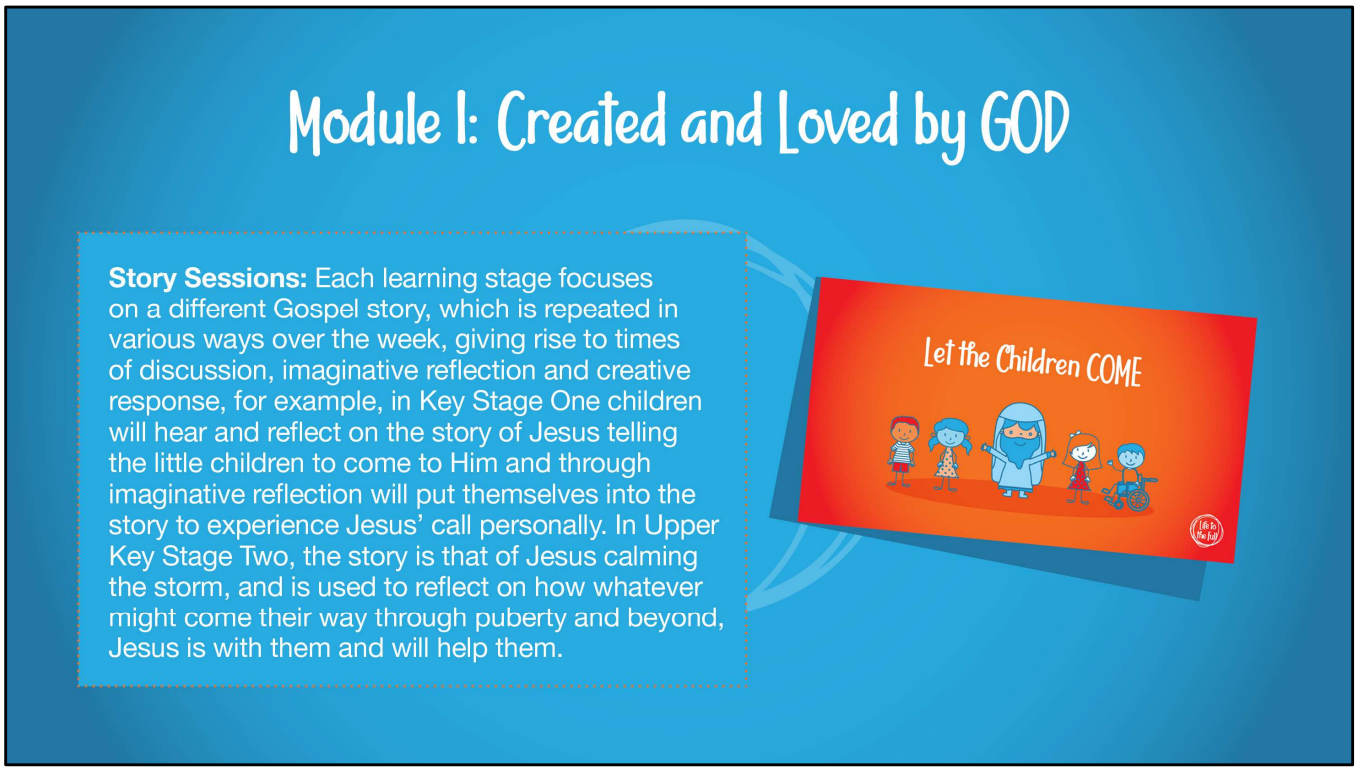
Finally, click reveal the term 'Various lessons and sessions' to explain that each unit contains a number of lessons and sessions to be led in the classroom.



Module One in detail (5 mins)

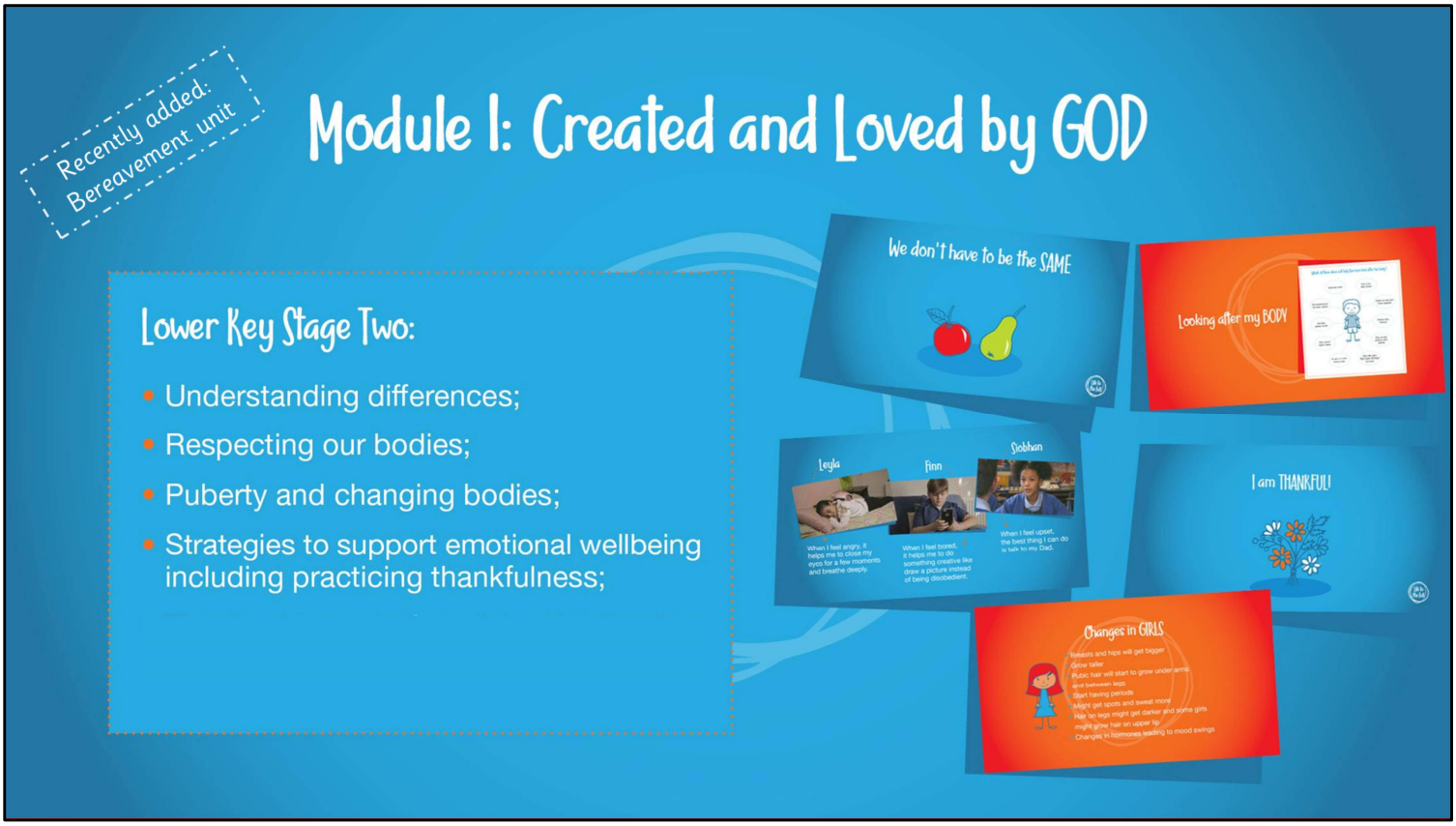
Slide 5
Module One: Created and Loved by God

Using the text on screen, explain that Module One: Created and Loved by God explores the individual. Rooted in the teaching that we are made in the image and likeness of God, it helps children to develop an understanding of the importance of valuing themselves as the basis for personal relationships.



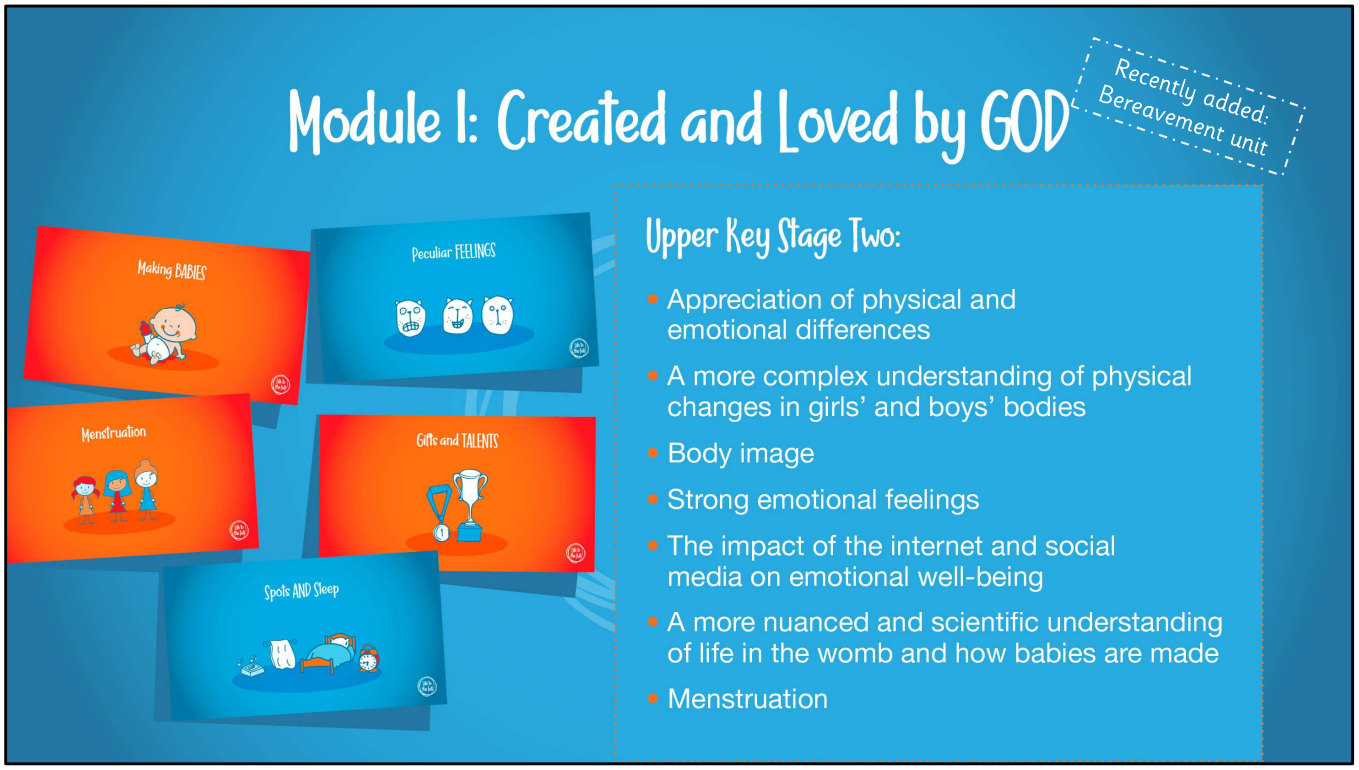
Slide 6

Explain that at the start of each learning stage in Module 1, are a series of short Story Sessions to be completed on consecutive days throughout the week. Invite parents to spend a few moments quietly reading the text on screen which describes these story sessions: Each learning stage focuses on a different Gospel story, which is repeated in various ways over the week, giving rise to times of discussion, imaginative reflection and creative response, for example, in Key Stage One children will hear and reflect on the story of Jesus telling the little children to come to Him and through imaginative reflection will put themselves into the story to experience Jesus' call personally. In Upper Key Stage Two, the story is that of Jesus calming the storm, and is used to reflect on how whatever might come their way through puberty and beyond, Jesus is with them and will help them.



Slide 9

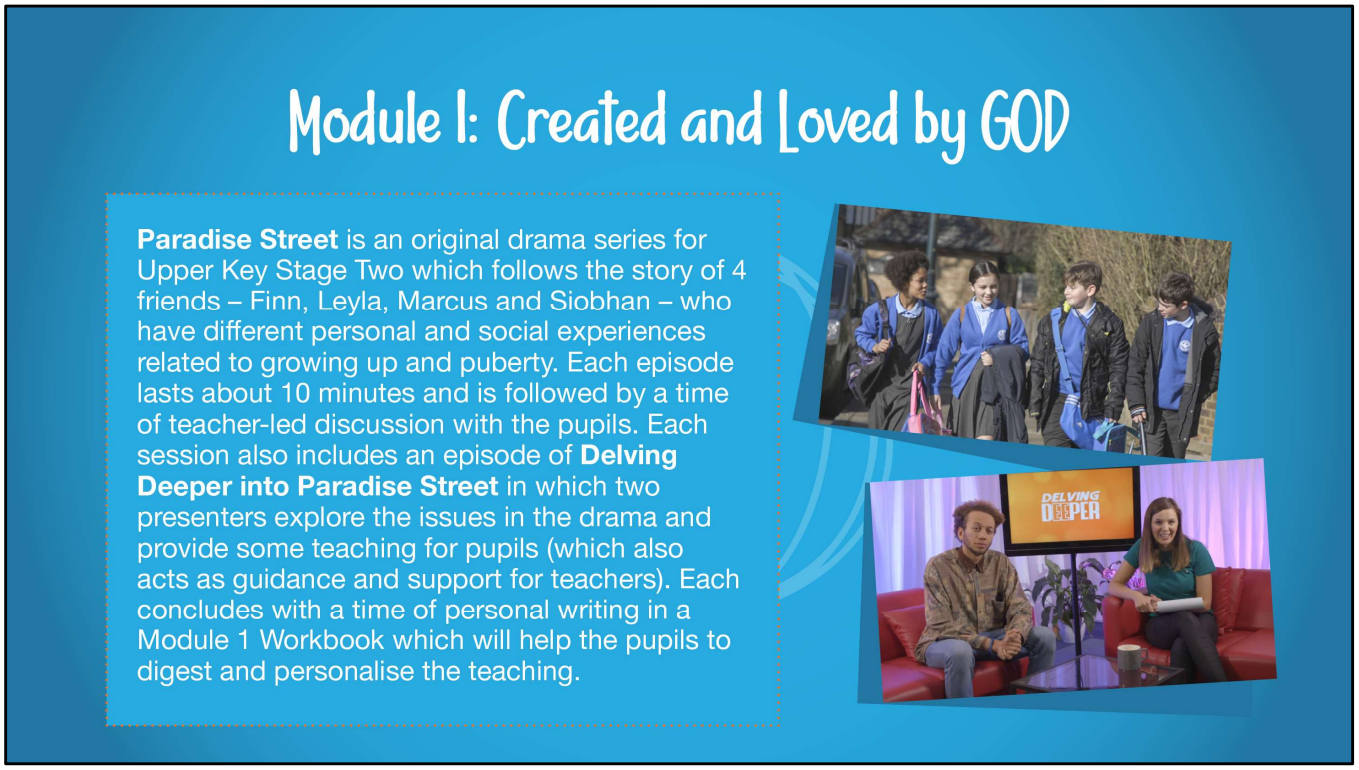
Lower Key Stage Two – understanding differences, respecting our bodies, puberty and changing bodies**, strategies to support emotional wellbeing including practising thankfulness, and the development of pupils' understanding of life before birth.



Slide 10

Upper Key Stage Two – appreciation of physical and emotional differences, a more complex understanding of physical changes in girl and boys bodies, body image, strong emotional feelings, the impact of the internet and social media on emotional well-being, a more nuanced and scientific understanding of life in the womb and how babies are made**, and menstruation.

As Session Leader, to familiarise yourself with the information regarding Key Decisions concerning genitalia (KS1), puberty (LKS2), pornography (UKS2) and sexual intimacy (UKS2) and more. You have the option to discuss these Key Decisions with parents later in this session.

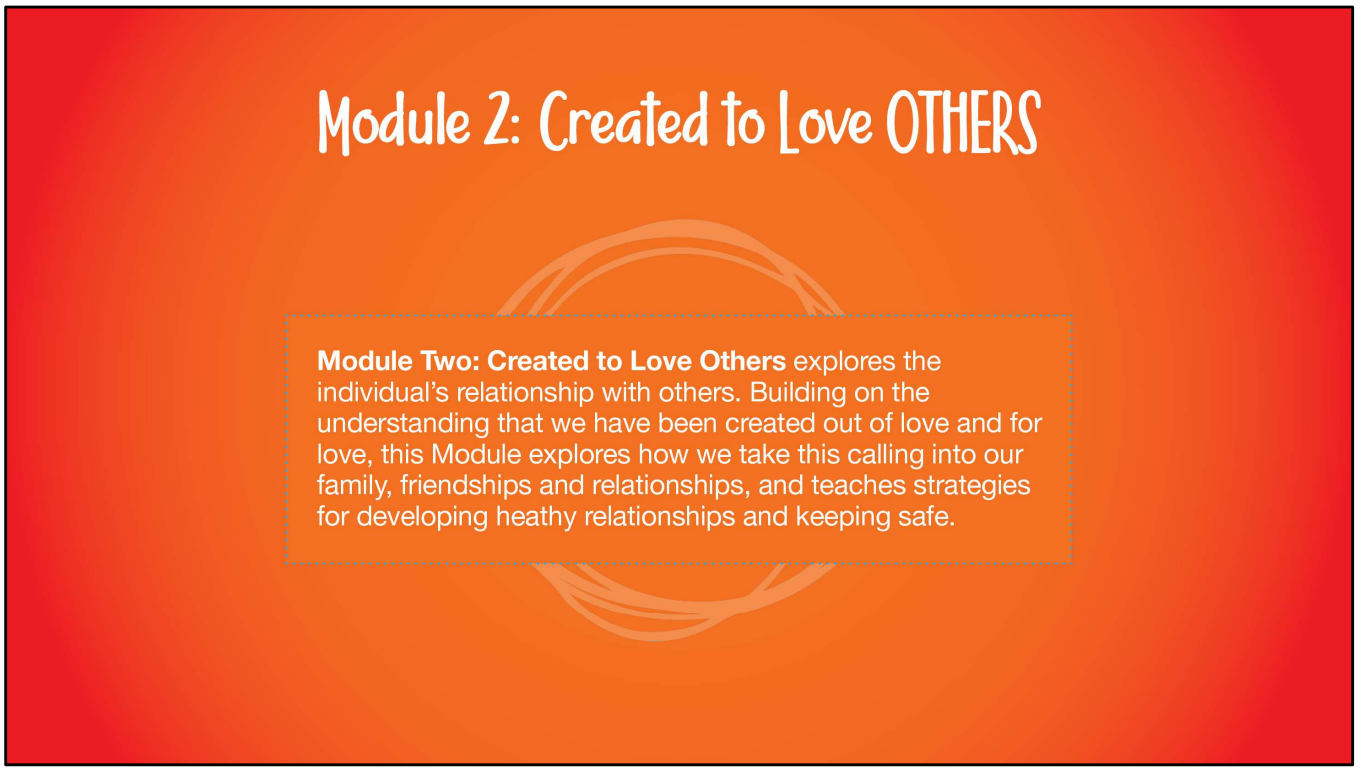


Slide 11

Explain that there are 11 sessions in Module 1 of Upper Key Stage Two which are structured around an original drama series by Ten Ten called Paradise Street.

Invite staff to quietly read the text on screen for a moment or two. It says:

> *Paradise Street is an original drama series for Upper Key Stage Two which follows the story of 4 friends – Finn, Leyla, Marcus and Siobhan – who have different personal and social experiences related to growing up and puberty. Each episode lasts about 10 minutes and is followed by a time of teacher-led discussion with the pupils. Each session also includes an episode of "Delving Deeper into Paradise Street" in which two fun presenters explore the issues in the drama and provide some teaching for pupils (which also acts as guidance and support for teachers). Each concludes with a time of personal writing in a Module 1 Workbook which will help the pupils to digest and personalise the teaching.*



Module Two in detail (4 mins)

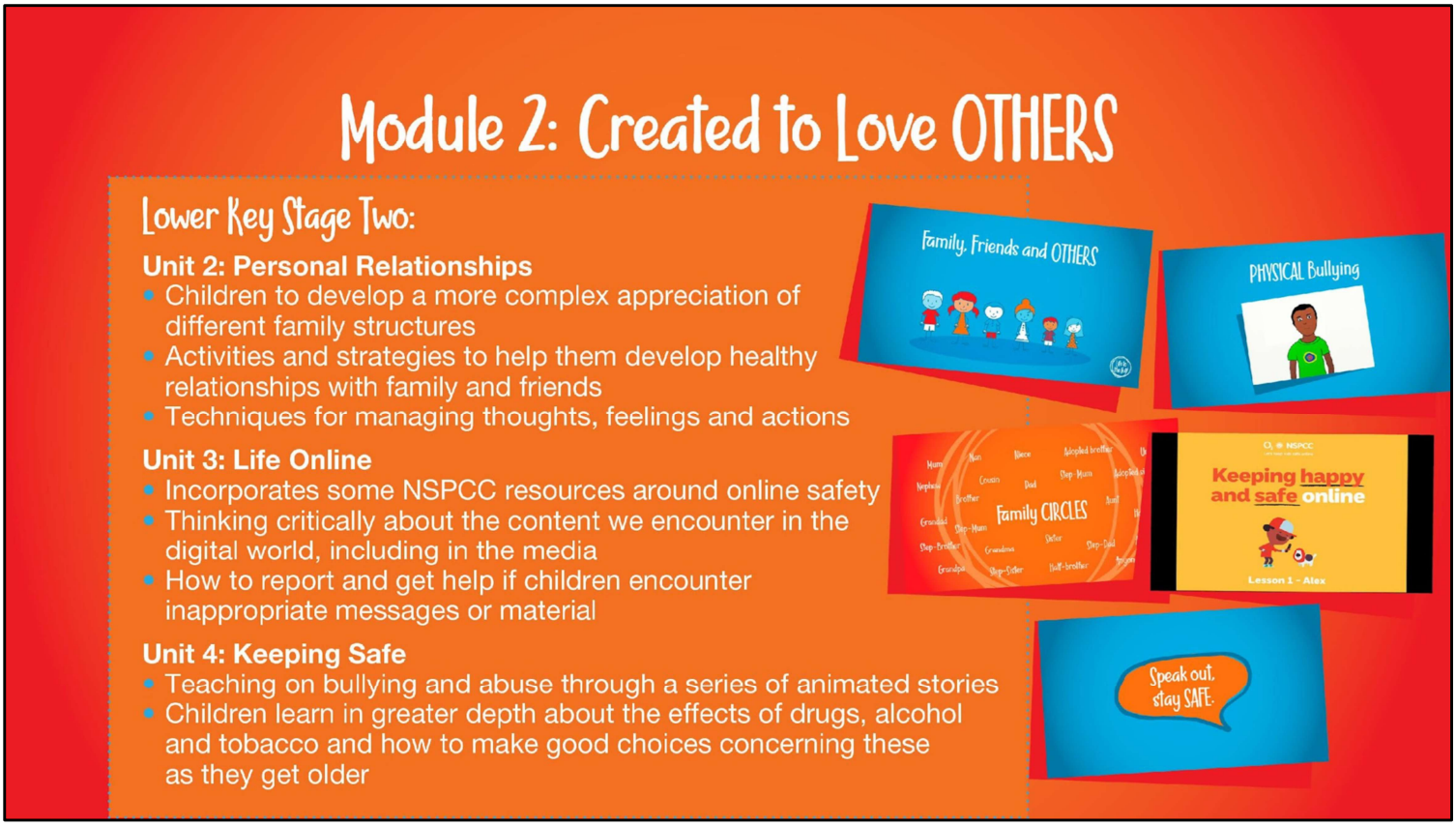
Slide 13
Module Two: Created to Love Others

Using the text on screen, explain that **Module Two: Created to Love Others** explores the individual's relationship with others. Building on the understanding that we have been created out of love and for love, this Module explores how we take this calling into our family, friendships and relationships, and teaches strategies for developing healthy relationships and keeping safe both online and in our daily lives.



Slide 14

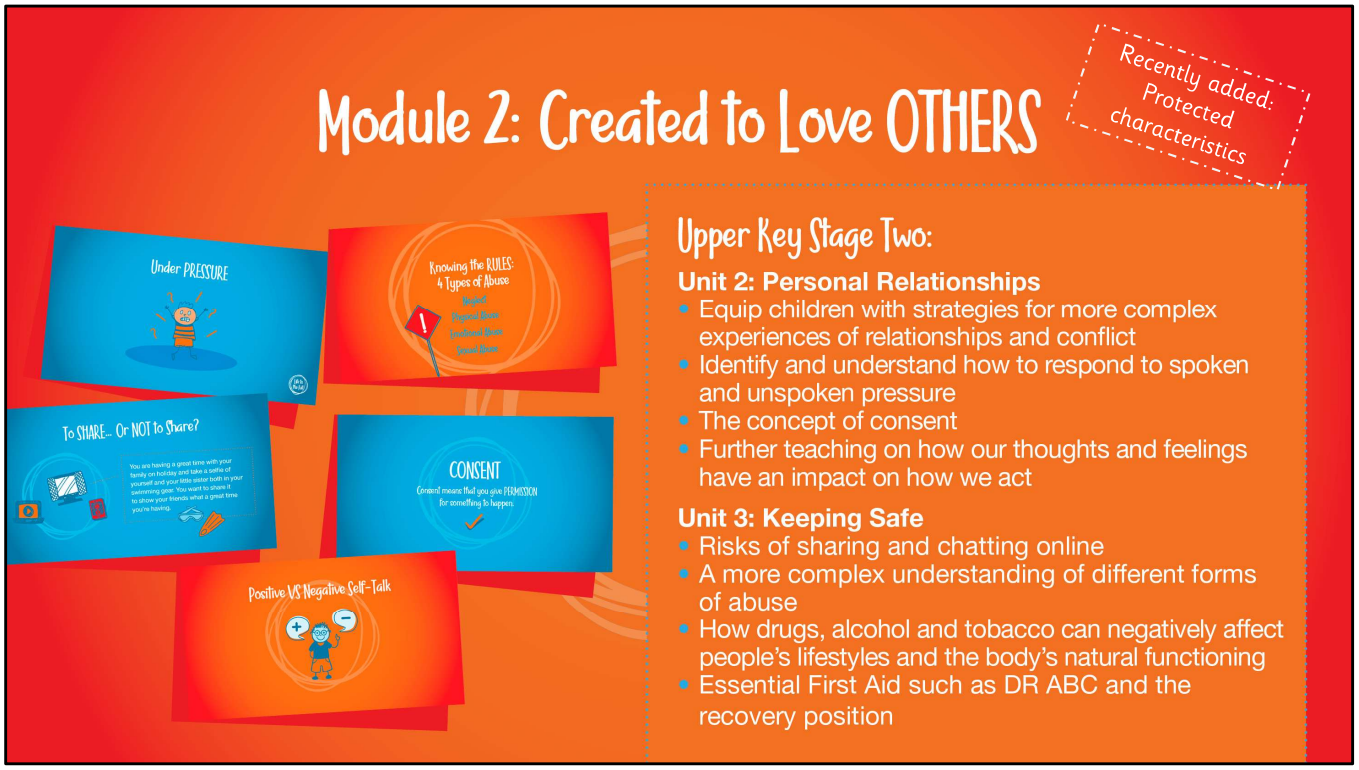
At the start of **each** learning stage, we begin with a series of story sessions based on a key Gospel story which provides the religious foundation for the teaching that will follow. For example, through an imaginative retelling of the Prodigal Son, children deepen their understanding of the concept of sin and the importance of forgiveness in relationships.



Slide 17

Lower Key Stage Two – The Unit 2, 'Personal Relationships' sessions help children to develop a more complex appreciation of different family structures and there are activities and strategies to help them develop healthy relationships with family and friends; here, they are also taught simplified CBT techniques for managing thoughts, feelings and actions. For Unit 3 'Life Online', some NSPCC resources about online safety have been incorporated as part of the programme and children will learn to think critically about what they encounter online and know how to access help if they come across inappropriate material online.

Then in Unit 4 'Keeping Safe', as well as teaching on bullying and abuse through a series of animated stories. Children will also learn in greater depth about the effects of drugs, alcohol and tobacco and how to make good choices concerning these as they get older.

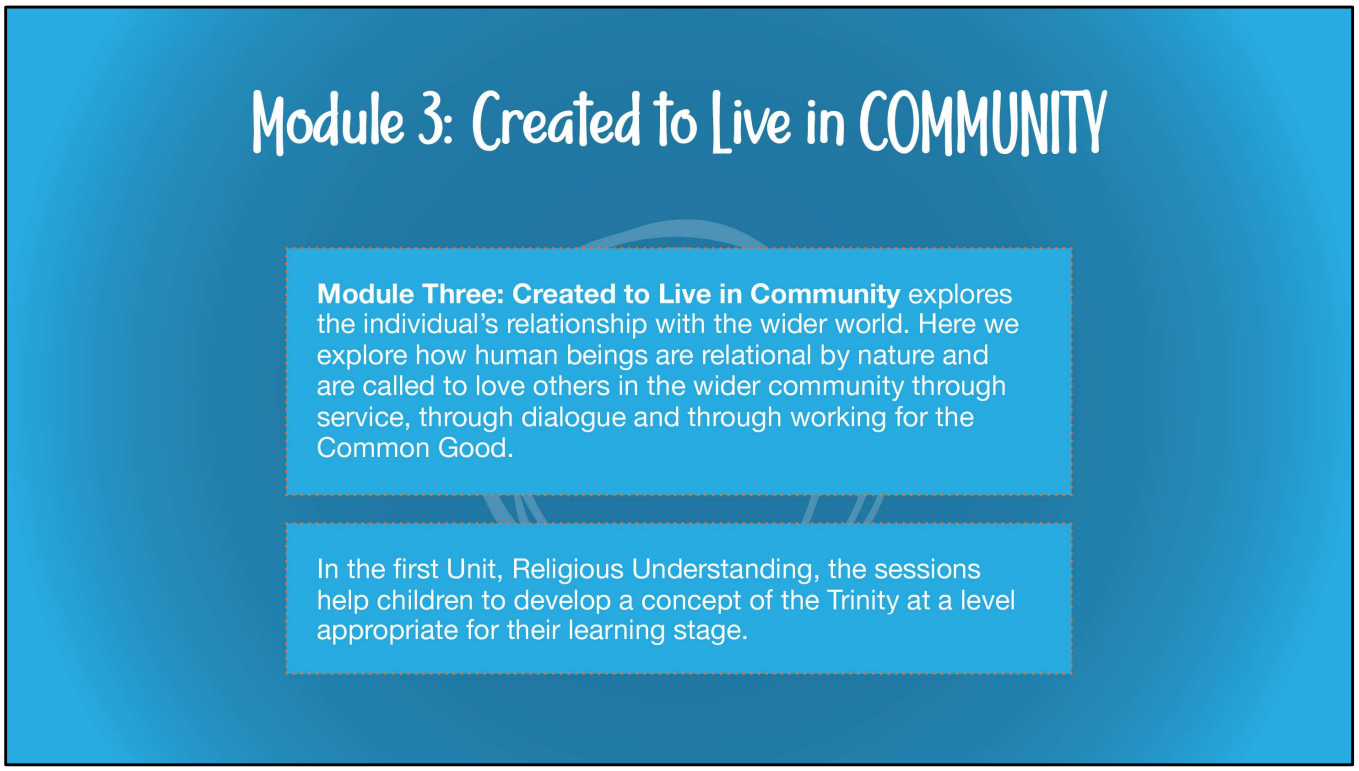


Slide 18

Upper Key Stage Two – The sessions for UKS2 in Unit 2 'Personal Relationships' sessions aim to equip children with strategies for more complex experiences of relationships and conflict; this includes sessions that help children to identify and understand how to respond to spoken and unspoken pressure, the concept of consent and some practical demonstrations of this, and further teaching on how our thoughts and feelings have an impact on how we act.

In Unit 3, Life Online, the programme explores the risks of sharing and chatting online at a level more appropriate to Years 5 and 6.

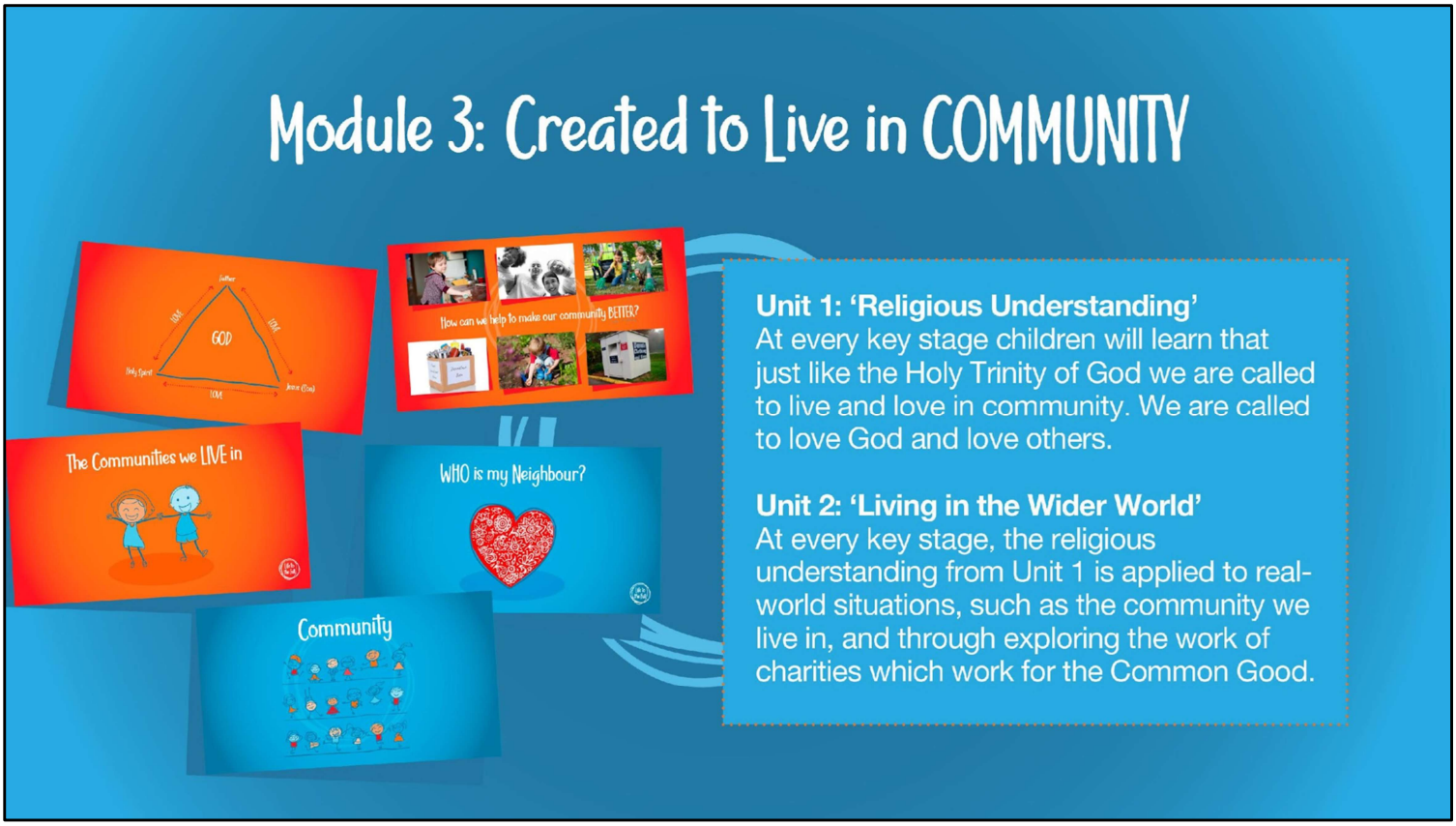
In Unit 4 'Keeping Safe', children gain a more complex understanding of different forms of abuse. They also explore how drugs, alcohol and tobacco can negatively affect people's lifestyles and the body's natural functioning, discuss how to make good choices even in pressured situations, and teach essential First Aid such as DR ABC and the recovery position.



Module Three in detail (2 mins)

Slide 20
Module Three: Created to Live in Community

Using the text on screen, explain that Module Three: Created to Live in Community explores the individual's relationship with the wider world. Here we explore how human beings are relational by nature and are called to love others in the wider community through service, through dialogue and through working for the Common Good.



Slide 21

In the first Unit, Religious Understanding, the story sessions help children to develop a concept of the Trinity.

Subsequent Sessions for EYFS, KS1, LKS2, UKS2

In subsequent sessions, this religious understanding is applied to real-world situations, such as the community we live in, and through exploring the work of charities which work for the Common Good.


Life to
the Full



Online Parent Portal (4 mins)

Slide 25

Explain to parents that Ten Ten Resource have developed an Online Parent Portal as part of the programme where further information about the programme resources can be accessed, activities for home learning and links to family prayers relating to the programme.

Signpost to parents how they can access the site using the school's unique username and password.

Y4 Overview Y3 Y4 Both









- Module 1 – Unit 1 – Religious Understanding
  - Get up! Jesus healing Jairus' daughter
  - The Sacraments
- Module 1 – Unit 2 – Me, my body, my health
  - We don't have the be the same
  - Respecting our bodies
  - What is puberty?
  - Changing bodies
  - Discussion time
- Module 1 – Unit 3 – Emotional Wellbeing
  - What am I feeling?
  - What am I looking at?
  - I am thankful!

Module 1 Unit 1

Session 1: 'Get Up' (Jesus healing Jairus' daughter)

5 story sessions taught over 1 week

Learning Objectives:

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

Session 2: The Sacraments

Learning Objectives:

In Baptism God makes us His adopted children and 'receivers' of His Love

By regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue).

To understand that it is important to make a nightly examination of conscience.

Receiving the Sacraments helps them to develop healthy relationships with others

Module 1 Unit 2

Session 1: We don't have to be the same

Learning Objectives:

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)

Session 2: Respecting our Bodies

Learning Objectives

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.

Session 3:

What is Puberty? Learning Objectives:

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.

Session 4: Changing Bodies

Learning Objectives:

Learn correct naming of genitalia;

Learn what changes will happen to boys during puberty;

Learn what changes will happen to girls during puberty.

Session 5: Discussion Groups optional

Module 1 Unit 3

Session 1: What Am I Feeling? Version 1 presentation

Learning Objectives:

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 wellbeing

Session 2: What Am I looking at?

Learning Objectives:

To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.

That God made us and loves us as we are.

Session 3: I Am Thankful!

Learning Objectives:
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.

Y4 Overview Y3 Y4 Both









- Module 1 – Unit 4 – Life Cycles
  - A time for everything - bereavement
  - Big changes, Little changes
- Module 2 – Unit 1 – Religious Understanding
  - 'Jesus my friend'
- Module 2 – Unit 2 – Personal Relationships
  - Friends, family and others
  - When things feel bad
  - Balancing needs

Module 1 Unit 4
Session 2: A Time for Everything (Bereavement)
Learning Objectives:
-To understand what
'death' means
-To identify some feelings often connected with grief. To know what the Christian faith says about death and eternal life.
-To explore some ways to support themselves and others when they are grieving.

Session 2: Big changes, Little changes
Learning Objectives:
Understand that change is a part of life and that there are different kinds of change.
Learn about some feelings often associated with change.
Know that God is always with us as we change and grow.
Learn coping strategies to support themselves and others.

Module 2 Unit 1
Session 1: 'Jesus My Friend' The Parable of the Prodigal Son
Learning Objectives:
That God 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.

Module 2 Unit 2

Session 1: Friends, Family and Others

Learning Objectives:

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'.

Session 2: When Things Feel Bad

Learning Objectives:

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.

Session 3: Balancing needs

Learning Objectives:

Understand that everyone's needs matter in a healthy relationship.
Know how to set and respect boundaries with friends, family, peers, and adults.
Practise sharing feelings and needs in a calm, kind, and confident way.
Recognise when a relationship feels uncomfortable or unhappy, and know how to ask for help.

Y4 Overview Y3 Y4 Both









- Module 2 – Unit 3 – Life Online
  - Sharing online
  - Chatting online
- Module 2 – Unit 4 – Keeping Safe
  - Safe in my body
  - Recognising risk
  - Alcohol and Tobacco
  - First Aid Heroes
- Module 3 – Unit 1 – Religious Understanding
  - A community of love
  - What is the Church?

Module 3 – Unit 2 – Living in the Wider World

- How do I love others?
- Working together
- Money matters

Module 2 Unit 3

Session 1: Sharing Online

Learning Objectives:

To recognize 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.

Session 2: Chatting Online

Learning Objectives:

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.

Module 2 Unit 4

Session 1: Safe in my Body USE FGM version of ppt

Learning Objectives:

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.

Session 2: Recognizing risk

Learning Objectives:

What risk means and how to recognise risks and hazards that may cause harm or injury

How to reduce and manage risk responsibly and use rules and boundaries to keep safe around fire, roads, railways, including level crossings, and water, including the water safety code

How to get help or advice if they feel unsafe

Session 3: Drugs, Alcohol and Tobacco

Learning Objectives:

Medicines are drugs, but not all drugs are good for us.

Alcohol and tobacco are harmful substances.

Our bodies are created by God, so we should take care of them and be careful about what we consume.

Session 4: First Aid Heroes

Learning Objectives:

In an emergency, it is important to remain calm.

Quick reactions in an emergency can save a life.

Children can help in an emergency using their First Aid knowledge.

Module 3 Unit 1

Session 1: A Community of Love

Learning Objectives:

God is Love as shown by the Holy 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

We are made in the image of God, which means we are made to love others, and be loved by God and others.

Session 2: What is the Church?

Learning Objectives:

The human family can reflect the Holy Trinity in charity and generosity

The Church family comprises of home, school and parish (which is part of the diocese)

Module 3 Unit 2

Session 1: How Do I Love Others?

Learning Objectives:

That God wants His Church to love and care for others

To devise practical ways of loving and caring for others.

Session 2: Working together

Learning Objectives:

Know that there are many different jobs and types of work.

Understand some of the factors that influence people's choice of work.

Explore their own interests, skills and gifts in relation to their job aspirations.

Know that God calls us to work together to share His love and care for each other and the world.

Session 3: Money matters

Learning Objectives:

All forms of money have advantages and disadvantages.

Our attitude to money and choices about spending, saving and giving impacts on ourselves and others.

Budgeting helps to keep track of spending and saving.

Our faith guides our values and reminds us of the importance of love for God and others.

Y5/6 Overview Y5 Y6 Both









- Module 1 – Unit 1 – Religious Understanding
  - Calming the Storm
- Module 1 – Unit 2 – Me, my body, my health
  - Gifts and talents
  - Girl's bodies
  - Boy's bodies
  - Spots and sleep
- Module 1 – Unit 3 – Emotional Wellbeing
  - Body Image
  - Peculiar Feelings
  - Emotional changes
  - Seeing stuff online

Module 1 Unit 1
Session 1: 'Calming the Storm'
Learning Objectives:
We were created individually by God who cares for us and wants us to put our faith in Him.
Physically becoming an adult is a natural phase of life.
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!

Module 1 Unit 2
Session 1: Gifts and Talents
Learning Objectives:
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).

Session 2: Girl's Bodies
Learning Objectives:
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 treated appropriately;
The need for modesty and appropriate boundaries.

Session 3: Boy's Bodies
Learning Objectives:
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

Session 4: Spots and Sleep
Learning Objectives:
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.

Module 1 Unit 3
Session 1: Body Image
Learning Objectives:
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

Session 2: Peculiar Feelings
Learning Objectives:
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.

Session 3: Emotional Changes
Learning Objectives:
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.

Session 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.

Y5/6 Overview

Y5 Y6 Both









- Module 1 – Unit 4 – Life Cycles
  - Life cycles from Y3/4
  - Making babies
  - Menstruation
  - Hope beyond death
  - Coping with change
- Module 2 – Unit 1 – Religious Understanding
  - Is God calling you?
- Module 2 – Unit 2 – Personal Relationships
  - Under pressure
  - Do you want a piece of cake? (consent and autonomy)
  - Self Talk
  - Confidence vs control
  - Build others up

Module 1 Unit 4

Y3 and 4 Session 1: Life Cycles

Learning Objectives:

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;

Session 1: Making Babies (part one)

Learning Objectives:

How a baby grows and develops in its mother's womb.

Session 2: Making Babies (Part 2)

Learning Objectives:

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.

Session 3: Menstruation

Learning Objectives:
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.

Session 4: Hope Beyond Death
Learning Objectives:
What death means
About some feelings associated with grief.
What the Christian Faith says about death and eternal life.
Some ways to support themselves and others when they are grieving.

Session 5: Coping with change
Learning Objectives:
That there are many emotions and feelings connected with change.
That gratitude and positivity help build resilience.
Coping strategies to manage changes.
That God is always with them.

Module 2 Unit 1
Session 1: Is God Calling You?
The story of Zacchaeus' Conversion
Learning Objectives:
To know that God calls us to love others.
To know ways in which we can participate in God's call to us.

Module 2 Unit 2
Session 1: Under Pressure
Learning Objectives:
Pressure comes in different forms, and what those different forms are;
There are strategies that they can adopt to resist pressure.

Session 2: Do You Want a Piece of Cake?
Learning Objectives:
Understand what consent and bodily autonomy means;
Discuss and reflect on different scenarios in which it is right to say 'no'.

Session 3: Self-Talk
Learning Objectives:
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.

Session 4: Confidence vs control

Learning Objectives:
Recognise the difference between being assertive and being controlling in relationships, and between being kind and ignoring your own needs.
Communicate needs and feelings clearly and respectfully, including saying “no” or disagreeing when needed.
Understand what healthy boundaries are and why it is important to respect your own boundaries and other people’s.
Notice when a friendship feels unhappy, uncomfortable or unfair, including online, and know when to ask for help.
Manage difficult feelings, such as frustration or disappointment, and consider the scale of their reaction.

Session 5: Build Others Up
Learning Objectives:
About prejudice, bullying and discrimination: what they mean and how to challenge them.
About protected characteristics from the Equality Act 2010 such as race, age and disability.
That everyone is made in the image of God, and loved unconditionally by him, has equal dignity and is deserving of equal respect.

Y5/6 Overview

Y5 Y6 Both









- Module 2 – Unit 3 – Life Online
  - Sharing isn't always caring
  - Cyber bullying
- Module 2 – Unit 4 – Keeping Safe
  - Types of Abuse
  - Impacted Lifestyles
  - Making Good Choices
  - Giving Assistance
- Module 3 – Unit 1 – Religious Understanding
  - The Trinity
  - Catholic Social teaching

Module 3 – Unit 2 – Living in the Wider World

- Reaching out
- The World of Work
- Money and me

Module 2 Unit 3

Session 1: Sharing Isn't Always Caring

Learning Objectives:

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.

Session 2: Cyberbullying

Learning Objectives:

What the term cyberbullying means and examples of it;

What cyberbullying feels like for the victim;

How to get help if they experience cyberbullying.

Module 2 Unit 4

Session 1: Types of Abuse

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

Session 2: Impacted Lifestyles
Learning Objectives:
Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body.
Learn how to make good choices about substances that will have a positive impact on their health.
Know that our bodies are created by God, so we should take care of them and be careful about what we consume.

Session 3: Making Good Choices
Learning Objectives:
Recognise how they may come under pressure when it comes to drugs, alcohol and tobacco
Learn that they are entitled to say "no" for all sorts of reasons, but not least in order to protect their God-given bodies

Session 4: Giving Assistance
Learning Objectives:
The recovery position can be used when a person is unconscious but breathing.
DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance.

Module 3 Unit 1
Session 1: The Trinity
Learning Objectives:
To know that God the Father, God the Son and God the Holy Spirit make up the three persons of the Trinity.
To know that the Holy Spirit works through us to bring God's love and goodness to others.

Session 2: Catholic Social Teaching
Learning Objectives:
The principles of Catholic Social Teaching
That God formed them out of love, to know and share His love with others.

Module 3 Unit 2
Session 1: Reaching Out
Learning Objectives:
Learn to apply the principles of Catholic Social Teaching to current issues
Find ways in which they can spread God's love in their community

Session 2: World of Work
Learning Objectives:
Learn about the process of getting a job and consider factors that influence job choices.
Understand how stereotyping can affect work aspirations and learn to challenge such attitudes.
Consider jobs in different sectors, learning pathways to work and their own job aspirations.

Session 3: Money and me
Learning Objectives:
There are a wide variety of payment options.
The importance of budgeting and tracking spending and saving.
About the hierarchy of needs and other influences on spending choices.
Some people have more money than others.
God asks us to be good stewards of our money and resources.

Questions









- Prior to sessions being delivered, we will send home messages as reminders of any sensitive content we will be covering so you're prepared for any questions or discussions at home and the discussions that will be taking place in school within the classroom and amongst peers.

- Do send us a message should you have any questions or concerns and we can arrange a meeting to discuss this.

Y6 parents



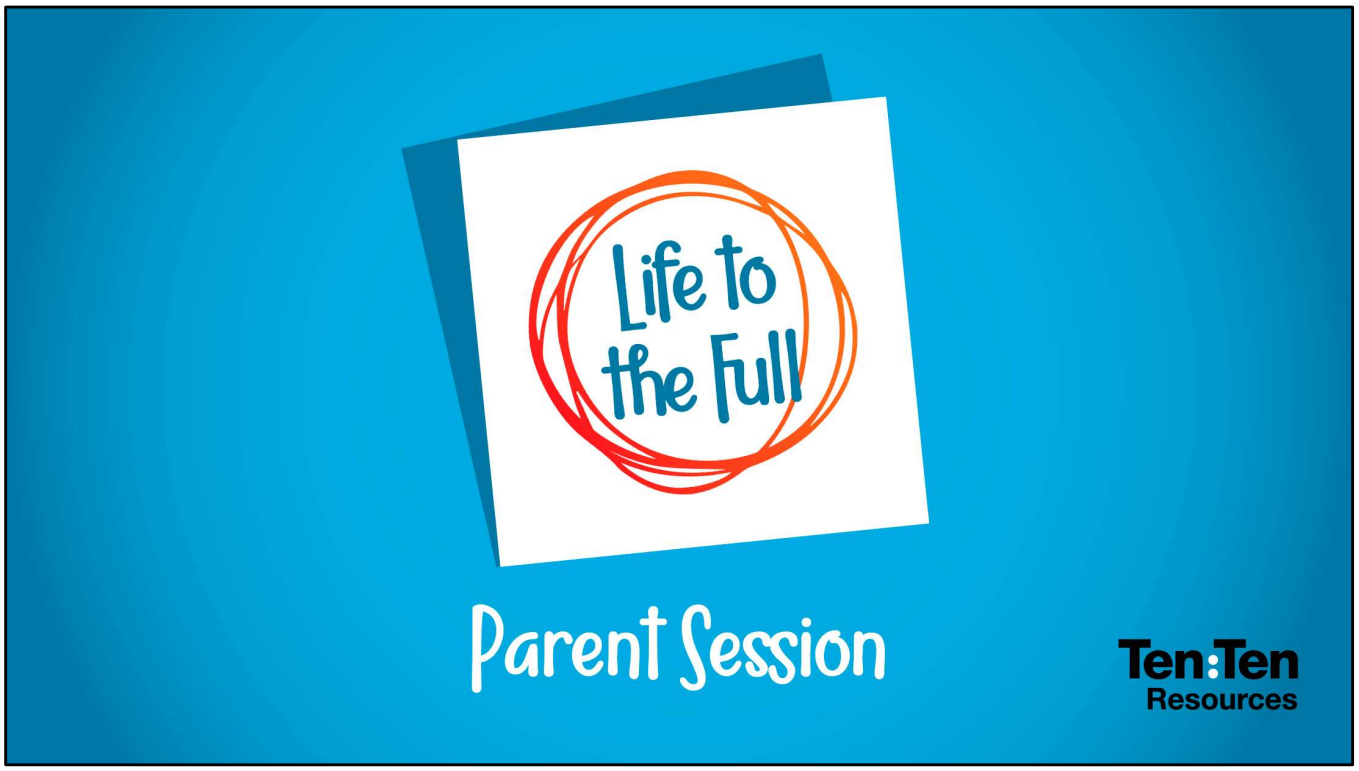






- Please complete the survey by **Friday 9th October 2026** to confirm you've attended the briefing at school or watched the video, as well to give consent for your child to access the Sex Education element of the curriculum, which you do have the right to withdraw your child. https://forms.cloud.microsoft/Pages/ResponsePage.aspx?id=OFYclXnjhUaRUhyDCcoxaVMaSnII62tCnd7VLks7qWlUQVVSSzhES1BYMTg3RUFMWVRVMjgzRTRRSi4u

Thank you


Life to the Full
Parent Session
Ten:Ten
Resources

Aims and Outcomes

- Understand why the programme is taking place
- Be inspired by the vision of **Life to the Full**
- Develop a broad understanding of the programme content
- Know where further information about the programme content can be accessed
- Contribute to Key Decisions about the programme content