

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

What is life to the full?

It is a programme in Relationships and Health Education based on the Department of Education guidance which became statutory during the academic year 2020/21. This programme is rooted in a Christian understanding of the human person, based on “[A Model Catholic RSE Curriculum](#)” provided by the Catholic Education Service.

Term and module	Session title
Autumn term 1 UKS2 Module 1, unit 1	1) Story session: Calming the Storm
Autumn term 1 UKS2 Module 1, unit 2	1) Gifts and talents 2) Girls' bodies 3) Boys' bodies 4) Spots and sleep
Autumn term 2 UKS2 Module 1, unit 3	1) Body Image 2) Peculiar Feelings 3) Emotional Changes 4) Seeing Stuff Online
Spring term 1 UKS2 Module 1, unit 4	1) Making babies part 1 2) Menstruation 3) Hope Beyond Death
Summer term 1 UKS2 Module 2, unit 2 UKS2 Module 2, unit 3	1) Do you want a piece of cake? 2) Self-talk 3) Build others up 4) Sharing isn't always caring
Summer term 1 UKS2 Module 3, unit 1	1) Types of Abuse
Summer term 2 UKS2 Module 3, unit 1 UKS2 Module 3, unit 2	1) The Holy Trinity 2) Catholic Social Teaching 3) Reaching out

Programme STRUCTURE

- EYFS
- Key Stage One
- Lower Key Stage Two
- Upper Key Stage Two

Module 1
Created and
Loved by God



Units:

- Religious Understanding
- Me, My Body, My Health
- Emotional Well-being
- Life cycles

Module 2
Created to
Love Others



Units:

- Religious Understanding
- Personal Relationships
- Keeping Safe

Module 3
Created to Live
in Community



Units:

- Religious Understanding
- Living in the Wider World

Various Sessions

Module I: Created and Loved by GOD



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.

Module I: Created and Loved by GOD

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.



Module I: Created and Loved by GOD

Making BABIES



Peculiar FEELINGS



Menstruation



Gifts and TALENTS



Spots AND Sleep



Upper Key Stage Two:

- Appreciation of physical and emotional differences
- A more complex understanding of physical changes in girls' 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
- Menstruation

Module 1: Created and Loved by GOD

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 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 1: Created and Loved by God

Unit 1: Religious Understanding

Session 1: Calming the Storm

- 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: Created and Loved by God

Unit 2: Me, my body, my health

Session 1: Gifts and 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).

Session 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 treated appropriately;
- The need for modesty and appropriate boundaries.
- Genitals are mentioned in this session.

Session 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.
- Genitals are mentioned in this session.

Me, my body, my health

Spots and 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

Unit 3: Emotional well-being

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

Emotional well-being

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.

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.

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.

This session explores the emotional and mental impact that videos and images of an adult nature can have on children and young people, particularly pornography. In the episode of “Paradise Street”, we explore the relationship that the characters have with their phone and online devices. Leyla and Siobhan rave about a vlogger they have discovered, whilst Finn secretly discovers a pornographic website. Initially shocked and scared by what he has seen, he becomes more and more drawn to it. When his Dad discovers what Finn has been looking at, he sits down with him for a chat to explain the effect that these videos and images will have on his young brain.

Life cycles

Making Babies Pt1

- How a baby grows and develops in its mother's womb.
- In this episode, Finn learns from his Mum how about the miraculous process of human life is conceived and developed in the womb.

Making Babies Pt2 – this will not be taught in school as it is not statutory for UKS2– however you may wish to go through this with your child at home via the parent portal.

Part 2 covers:

- *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.*

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.

In this session, we see that Siobhan gets her first period and doesn't know quite what to do. She is sad that her Mum, who died a number of years ago, isn't there to show her the ropes, but she is helped by her teacher and her Dad to become confident going forwards. Through this session, pupils will learn about how girls manage their periods, and understand some of their possible side effects. They will learn why periods happen; that fertility is necessary to bring a child into the world; and how periods are part of God's plan for creation.

Hope beyond Death

This session introduces children to the topics of death and grief in a sensitive, age-appropriate way from a Catholic faith perspective.

In the session, your child will learn:

- What 'death' means
- About some feelings often connected with grief
- What the Christian faith says about death and eternal life
- Some ways to support themselves and others when they are grieving.

The most important way you can support your child's learning is to be willing to have open, honest conversations about death and perhaps share your own experiences of death and grief if you feel able to.

You may like to pray with your child and as well as praying the following traditional prayer for those who have died, you might like to name any family and friends who have died and ask that they would rest in peace.

- **Prayer for Those Who Have Died**

- **Eternal rest grant unto them, O Lord,**
- **and let perpetual light shine upon them.**
- **May they rest in peace.**
Amen

- If you have any queries about the lesson, don't hesitate to get in touch with your child's class teacher.

Module 2: Created to Love OTHERS

Under PRESSURE



Life to the Full

Knowing the RULES: 4 Types of Abuse



Neglect
Physical Abuse
Emotional Abuse
Sexual Abuse

To SHARE... Or NOT to Share?



You are having a great time with your family on holiday and take a selfie of yourself and your little sister both in your swimming gear. You want to share it to show your friends what a great time you're having.



CONSENT

Consent means that you give PERMISSION for something to happen.



Positive VS Negative Self-Talk



Upper Key Stage Two:

Unit 2: Personal Relationships

- Equip children with strategies for more complex experiences of relationships and conflict
- Identify and understand how to respond to spoken and unspoken pressure
- The concept of consent
- Further teaching on how our thoughts and feelings have an impact on how we act

Unit 3: Keeping Safe

- Risks of sharing and chatting online
- A more complex understanding of different forms of abuse
- How drugs, alcohol and tobacco can negatively affect people's lifestyles and the body's natural functioning
- Essential First Aid such as DR ABC and the recovery position

Module 2: Created to love others

Personal Relationships

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'.

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

Sharing Isn't Always Caring

- This session focuses children making safe and sensible decisions about what content to share or not share, including photos, passwords and other personal information. Children will discuss how this can be damaging and dangerous, and will rules to remember to keep themselves safe.

Types of Abuse

As part of our work on this module, we will be looking at different types of abuse which will follow on from two internet safety lessons. During this session, the children will be introduced to the term 'abuse' and discuss what physical contact is appropriate and inappropriate. We will look at the four types of abuse, including neglect, physical, emotional and sexual. Children are introduced to the concept of rights (including the United Nations Convention on the Rights of the Child and how abuse violates their rights). They are asked to think of trusted adults that they can talk to about any issues they may face.

There is also a section which explains that children have the right to be safe and to be in control of their bodies, so that they need to be aware of a practice which violates these rights: Female Genital Mutilation (FGM). Children watch a film which goes beyond LKS2 learning by answering the following questions:

- What is FGM and how does FGM affect health?
- Who is at risk and why does it happen?
- How are people trying to stop it? Who can I tell?

Whilst there is no statutory requirement, it is a diocesan requirement for primary schools to explicitly teach about FGM.

Module 3: Created to Live in COMMUNITY

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.

In the first Unit, Religious Understanding, the sessions help children to develop a concept of the Trinity at a level appropriate for their learning stage.

Online PARENT Portal

- Further information
- Activities for home learning
- Links to family prayers

www.tentenresources.co.uk/parent-portal

The Online Parent Portal provides parents of children in schools who subscribe to Life to the Full with:

- Information about the programme children will be following;
- Access to resources;
- Suggestions for further activity at home.

To access it, follow the links to the year group your child is in. Your school will provide more details about what lessons your child will be learning and when.

Parent Portal Log in details for parents

Username

st-george-en2

Password

april-dragon

Parent Portal

<https://www.tentenresources.co.uk/parent-portal/>

Parent Consultation Tool

<https://www.tentenresources.co.uk/parent-consultation-tool-primary/>

Smartphone Free

<https://www.youtube.com/watch?v=xsw9HdMMZw>