



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

## Aims of our RHE Curriculum

*To develop the following attitudes and virtues:*

- *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 bodies;*
- *responsibility for ones 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 love;*
- *recognising the importance of marriage and family life;*

## Aims of our RHE Curriculum

*To develop the following personal and social skills:*

- making sound judgements and good choices;*
- loving and being loved, and the ability to form friendships and loving, stable relationships;*
- managing emotions within relationships including when relationships break down;*
- 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;*

## Aims of our RHE Curriculum

*To develop the following knowledge and understanding:*

- 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; (Parents may withdraw their child from this aspect of the curriculum)*

# Why 'Life to the Full'?

'Life to the Full' isn't just a series of lesson plans for teachers to follow: it has created an entire platform of creative resources which will engage, inform and inspire children, parents and staff. This includes:

- Interactive video content
- Story-based activities
- A wide range of teaching tools
- Original worship music
- An accompanying programme of classroom prayers
- A 'Parent Portal' for parents to engage with the teaching and deepen the experience for their children.

# Why 'Life to the Full'?

'Life to the Full' provides a clear and well rounded programme which enables children to understand they were created in love and how to demonstrate love and forgiveness in their personal relationships.

In an ever changing world, Ten Ten have designed a curriculum to include issues such as body image and positivity, peer pressure and social media influence to reflect the realities which face our children at a younger and younger age.

The programme gives children honest information, in an age-appropriate context that is fully in line with the teachings of the Church.

# 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

## Early Years Foundation Stage:

- Our uniqueness in real terms
- Celebrating difference and individual gifts, talents and abilities
- Looking after and using our bodies (including vocabulary around this topic)
- The necessity of when and how to say sorry in relationships
- A basic exploration of Jesus's forgiveness and growing up as God's plan for us



# Module I: Created and Loved by GOD

## What makes us DIFFERENT?

Eye colour  
Hair colour  
Height  
Body shape  
Skin colour  
Age  
Gender  
Clothes

Language/Accent  
Type of family  
Gifts and talents  
Favourite things

Leona



I'm Leona and I'm 6 years old. I've got curly brown hair which Mum always says looks like its been dragged through a hedge backwards. I've got two older brothers who are twins. My favourite colour is yellow like the sun. Can you guess what my favourite thing to do is?

Some of those things are cool, but my favourite thing to do in the world is climb trees with my brothers. They're taller than me so can help me up to the higher branches!

## Key Stage One:

- We are uniquely made by a loving God
- We have differences and similarities
- Key information about staying physically healthy
- Understanding feelings and emotions, including strong feelings such as anger
- The cycle of life from birth to old age

## The Cycle of Life



## Can you help SUSIE?

### What should she do? - TEETH BRUSHING

- ★ Brush your teeth twice each day, for around 2 minutes
- ★ Visit the dentist every 6 months
- ★ Brushing properly removes plaque - which can cause cavities (holes), toothache, gum disease and even our teeth to fall out!
- ★ It also gives us lovely fresh breath and stops our teeth feeling fuzzy!



Happy



Sad



Angry



Scared



Bored



Sleepy



Disgust



Calm

# Module I: Created and Loved by GOD

## Lower Key Stage Two:

- Understanding differences
- Respecting our bodies
- Puberty and changing bodies
- Strategies to support emotional wellbeing including practicing thankfulness
- The development of pupils' understanding of life before birth



# 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 2: Created to Love OTHERS

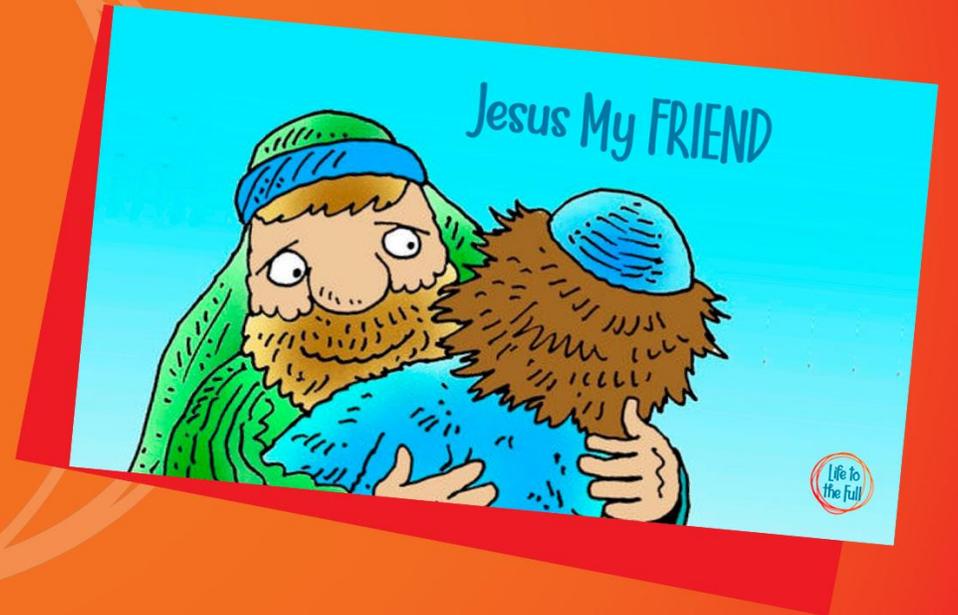


**Module Two: Created to Love Others** explores the individual's relationship with others. Building on the understanding that we have been created out of love and for love, this Module explores how we take this calling into our family, friendships and relationships, and teaches strategies for developing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

# Module 2: Created to Love OTHERS

## Gospel Stories

At the start of each learning stage, we begin with 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.



# Module 2: Created to Love OTHERS

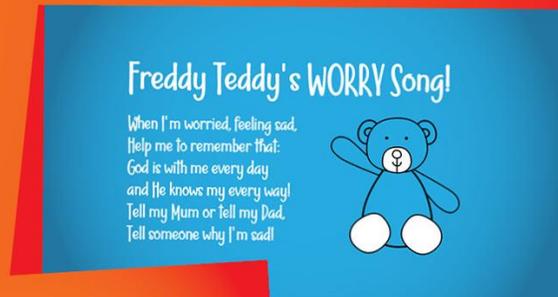
## Early Years Foundation Stage:

### Unit 2: Personal Relationships

- Vocabulary to identify different family/friend relationships
- The features of positive/negative behaviour in relationships
- The importance of resolving conflict and asking for forgiveness where necessary

### Unit 3: Keeping Safe

- Practical ways to stay safe inside and out
- Staying safe around medicines
- People who help us in emergencies



# Module 2: Created to Love OTHERS

**GOOD Secrets**

- Any secret that has a specific point in time when it will be revealed.
- Good secrets are **always** temporary.

**BAD Secrets**

- Any secret that you are expected to keep for a long time or forever.
- Nearly all bad secrets keep something hidden that is bad.

The infographic features a blue gift box for good secrets and a group of children for bad secrets.

What makes a GOOD or a BAD friend?

GOOD friend

BAD friend

The infographic shows two silhouettes of children, one holding a gift, representing a good friend, and the other holding a shadow, representing a bad friend.

## Key Stage One:

### Unit 2: Personal Relationships

- ‘Special people’ in their lives who they love and can trust
- Coping with various social situations and dilemmas
- The importance of saying sorry and asking for forgiveness within relationships

### Unit 3: Keeping Safe

- The risks of being online (incorporating Smartie the Penguin from Childnet)
- The difference between good and bad secrets
- Teaching on physical boundaries (incorporating the PANTS resource from the NSPCC)
- The effects of harmful substances (including alcohol and tobacco)
- Some basic First Aid and what they should do in an emergency

The Adventures of Smartie the PENGUIN

The infographic features a penguin, a gift box, and musical notes.

TALK PANTS AND STAY SAFE

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

The infographic shows a banner with the words 'TALK PANTS AND STAY SAFE' hanging from a clothesline.

My SUPER SPECIAL Squad

WHO is in your special squad?

WHAT makes them special to you?

The infographic shows a group of diverse children standing together.

# Module 2: Created to Love OTHERS

## Lower Key Stage Two:

### Unit 2: Personal Relationships

- A more complex appreciation of different family structures
- Activities and strategies to help them develop healthy relationships with family and friends
- Techniques for managing thoughts, feelings and actions

### Unit 3: Keeping Safe

- Incorporates some NSPCC resources around online safety
- Teaching on bullying and abuse through a series of animated stories
- The effects of drugs, alcohol and tobacco and how to make good choices concerning these as they get older
- The crucial role of First Aid in emergency situations



# 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

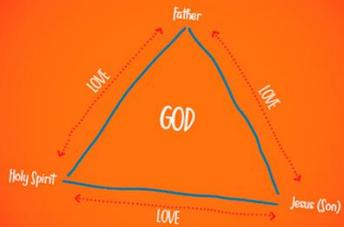
- Risks of sharing and chatting online
- A more complex understanding of different forms of abuse
- How drugs, alcohol and tobacco can negatively affect people's lifestyles and the body's natural functioning
- Essential First Aid such as DR ABC and the recovery position

# Module 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.

# Module 3: Created to Live in COMMUNITY



How can we help to make our community BETTER?



## Subsequent sessions:

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

The Communities we LIVE in



WHO is my Neighbour?



Community



# Suggested programme of teaching for St Oswald's

- Fortnightly lessons following the three core modules.
- Lessons will take around 30-45 minutes to deliver.
- Units and resources will be available for parents to view prior to teaching.
- Taught themes are outlined for each year group on the following slides to enable parents to have a brief overview of content children will be learning.
- Units or themes have been divided into age appropriate content.

# Early Years Taught themes:

Module 1: Created and Loved by God	Module 2: Created to Love Others	Module 3: Created to Live in a Community
<ul style="list-style-type: none"> <li>-Our uniqueness in real terms</li> <li>-Celebrating differences and individual gifts, talents and abilities</li> <li>-Looking after and using our bodies (including vocabulary around this topic)</li> <li>-The necessity of how and when to say sorry in relationships</li> <li>-A basic exploration of Jesus' forgiveness and growing up as God's plan for us</li> </ul>	<p><i>Unit 2: Personal Relationships</i></p> <ul style="list-style-type: none"> <li>-Vocabulary to identify different family/friend relationships</li> <li>-The features of positive/negative behaviour in relationships</li> <li>-The importance of resolving conflict and asking for forgiveness when necessary</li> </ul> <p><i>Unit 3: Keeping Safe</i></p> <ul style="list-style-type: none"> <li>-Practical ways to stay safe inside and out</li> <li>-Staying safe around medicines</li> <li>-People who help us in emergencies</li> </ul>	<p>In the first Unit, <i>Religious Understanding</i>, the sessions help children to develop a concept of the Trinity at a level appropriate for their learning stage.</p> <p>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.</p>

# Key Stage 1 Taught themes:

Module 1: Created and Loved by God	Module 2: Created to Love Others	Module 3: Created to Live in a Community
<ul style="list-style-type: none"> <li>-We are uniquely made by a loving God</li> <li>-We have differences and similarities</li> <li>-Key information about staying physically healthy</li> <li>-Understanding feelings and emotions, including strong feelings such as anger</li> <li>-The cycle of life from birth to old age</li> </ul>	<p><i>Unit 2: Personal Relationship</i></p> <ul style="list-style-type: none"> <li>-‘Special People’ in their lives who they love and can trust</li> <li>-Coping with various social situations and dilemmas</li> <li>-The importance of saying sorry and asking for forgiveness in relationships</li> </ul> <p><i>Unit 3: Keeping Safe</i></p> <ul style="list-style-type: none"> <li>-The risks of being online (incorporating Smartie the Penguin from Childnet)</li> <li>-The difference between good and bad secrets</li> <li>-Teaching on physical boundaries (incorporating the PANTS resources from the NSPCC)</li> <li>-The effects of harmful substances (including alcohol and tobacco)</li> <li>-Some basic first aid and what they should do in an emergency</li> </ul>	<p>In the first Unit, <i>Religious Understanding</i>, the sessions help children to develop a concept of the Trinity at a level appropriate for their learning stage.</p> <p>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.</p>

Suggested Year 1 units

Suggested Year 2 units

# Lower Key Stage 2 Taught themes:

Module 1: Created and Loved by God	Module 2: Created to Love Others	Module 3: Created to Live in a Community
<ul style="list-style-type: none"> <li>-Understanding differences</li> <li>-Respecting our bodies</li> <li>-Puberty and changing bodies</li> <li>-Strategies to support emotional well-being including practising thankfulness</li> <li>-The development of pupils' understanding of life before birth</li> </ul>	<p><i>Unit 2: Personal Relationship</i></p> <ul style="list-style-type: none"> <li>-A more complex appreciation of different family structures</li> <li>-Activities and strategies to help them develop healthy relationships with families and friends</li> <li>-Techniques for managing thoughts, feelings and actions</li> </ul> <p><i>Unit 3: Keeping Safe</i></p> <ul style="list-style-type: none"> <li>-Incorporates some NSPCC resources around online safety</li> <li>-Teaching on bullying and abuse through a series of animated stories</li> <li>-The effects of drugs, alcohol and tobacco and how to make good choices concerning these when they get older.</li> <li>-The crucial role of First Aid in emergency situations</li> </ul>	<p>In the first Unit, <i>Religious Understanding</i>, the sessions help children to develop a concept of the Trinity at a level appropriate for their learning stage.</p> <p>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.</p>

Suggested Year 3 units

Suggested Year 4 units

# Upper Key Stage 2 Taught themes:

Module 1: Created and Loved by God	Module 2: Created to Love Others	Module 3: Created to Live in a Community
<ul style="list-style-type: none"> <li>-Appreciation of physical and emotional differences</li> <li>-A more complex understanding of physical changes in girls' and boy' bodies</li> <li>-Body image</li> <li>-Strong emotional feelings</li> <li>-The impact of the internet and social media on emotional well being</li> <li>-A more nuanced and scientific understanding of life in the womb and how babies are made</li> <li>-Menstruation</li> </ul>	<p><i>Unit 2: Personal Relationship</i></p> <ul style="list-style-type: none"> <li>-Equip children with strategies for more complex experiences of relationships and conflicts</li> <li>-Identify and understand how to respond to spoken and unspoken pressure</li> <li>-The concept of consent</li> <li>-Further teaching on how our thoughts and feelings have an impact on how we act</li> </ul> <p><i>Unit 3: Keeping Safe</i></p> <ul style="list-style-type: none"> <li>-Risks of sharing and chatting online</li> <li>-A more complex understanding of different forms of abuse</li> <li>-How drugs, alcohol and tobacco can negatively affect people's lifestyles and the body's natural functioning</li> <li>-Essential First Aid such as DR ABC</li> </ul>	<p>In the first Unit, <i>Religious Understanding</i>, the sessions help children to develop a concept of the Trinity at a level appropriate for their learning stage.</p> <p>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.</p>

Suggested Year 5 units

Suggested Year 6 units

## Right to withdraw

Resources used by the school in the Relationships Education, Relationships and Sex Education and Health Education programme will be made available each year for parents/carers to view. **Parents have the right to withdraw their children from Relationships Education, Relationships and Sex Education and Health Education excepting those elements which are required by the National Curriculum science orders.** Should parents wish to withdraw their children they should notify the school by contacting the Headteacher in writing. The request will be made on a year by year basis. The school will provide support by providing material for parents to help the children with their learning.

# Controversial or sensitive issues

We would like to reassure parents that we are aware of the sensitive issues and questions that may arise as part of the teaching of this subject.

Our RHE policy dictates that staff would deal with these issues in a sensitive and age appropriate manner, in line with the teachings of the Church.

Parents would be informed of any questions posed or follow up conversations they may need to have with children at home and (where appropriate) any safeguarding issues that may arise in light of lessons taught.

# Online PARENT Portal

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

[www.tentenresources.co.uk/parent-portal](http://www.tentenresources.co.uk/parent-portal)



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