



Overview of RSE Programme

Year 5 and Year 6 2017



Guiding Principles:

- We believe that God is love
- We believe that everyone is created in God’s image
- We believe that Jesus shows us the fullness of life
- We believe that the Church guides us
- We believe in forgiveness, healing and Christ’s victory

Year 5	Year 6
<p>Session 1: Everyone is Created in God’s Image and Special</p> <ul style="list-style-type: none"> • Angel in the Water book • Share photos of ourselves as babies • Share memories of growing up so far! • Acknowledge growth and change as positive and natural <p>Session 2: Moving to Maturity</p> <ul style="list-style-type: none"> • Discuss physical changes that take place (signs of puberty) as we approach teenage years. <p>Session 3: Taking Care of Myself</p> <ul style="list-style-type: none"> • Healthy body • Healthy mind • Healthy choices • Rest – pray, time with family, read, etc. <p>Session 4: Male and Female Reproductive Systems</p> <ul style="list-style-type: none"> • Female – name reproductive system and learn about the menstrual cycle • Male – name the reproductive system • Girls separately - will look at products available and have time to ask questions 	<p>Session 1: Everyone is Created in God’s Image and Special</p> <ul style="list-style-type: none"> • Angel in the Water book • Share photos of ourselves as babies • Share memories of growing up so far! • Acknowledge growth and change as positive and natural <p>Session 2: Moving to Maturity</p> <ul style="list-style-type: none"> • Discuss physical changes that take place (signs of puberty) as we approach teenage years. <p>Session 3: Taking Care of Myself</p> <ul style="list-style-type: none"> • Healthy body • Healthy mind • Healthy choices • Rest – pray, time with family, read, etc. <p>Session 4: Male and Female Reproductive Systems</p> <ul style="list-style-type: none"> • Female – name reproductive system and learn about the menstrual cycle • Male – name the reproductive system • Girls separately - will look at products available and have time to ask questions <p>Session 5: Relationships</p> <ul style="list-style-type: none"> • Transition to high school • Friendships changing • Ways to be confident when meeting new people • Changing feelings

Session 6: Moving on; First Impressions

- How to make a good first impression with new teachers and peers
- How to introduce yourself with confidence
- Positive body language

Session 7: Role Models

- What does it mean to judge someone?
- Peer pressure
- Stereotyping
- Smoking, alcohol and drugs

Session 8: Body Image

- Everyone special and created in God's image
- Reality of media - Dove video clips
- Valuing the beauty inside
- Pictures of inspiring people

Session 9: Real Friends vs Cyber Friends

- What is a friend?
- Consider who you should 'friend' on social media.
- Jigsaw clip and Alright Charlie – grooming education aimed at boys and girls using the idea that you can be groomed by strangers who befriend or by someone known to you already

Session 10: Goals and Ambitions

- God given talents
- Future aspirations, goals/ambitions
- Becoming someone's role model