

Module 1: Unit 1: Religious Understanding	
Story Sessions: Calming the Storm	The children will learn that they are created by God who cares for us and wants us to put our faith in Him
Module 2: Unit 1: Religious Understanding	
Session 1: Is God Calling You?	In this session, pupils will look at the nature of God's call to love others.
Module 2: Unit 2: Personal Relationships	
Session 1: Under Pressure	The children will learn about spoken and unspoken pressure that they might experience, particularly from their peers.
Session 2: Do You Want A Piece of Cake?	This session discusses the issue of consent and bodily autonomy, and equips children with the ability and confidence to say 'no'.
Session 3: Self – Talk	The children will learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions.
Module 2: Unit 3: Keeping Safe	
Session 1: Sharing Isn't Always Caring	This session focuses on children making safe and sensible decisions about what content to share or not share online.
Session 2: Cyber-Bullying	This session explores how children can chat safely, the impact cyberbullying can have, and what behaviour is acceptable/unacceptable.
Session 3: Types of Abuse	In this session the children will judge what kind of physical contact is acceptable/unacceptable and how to respond
Session 4: Impacted Lifestyles	The children will learn about the effect that drugs, tobacco and alcohol can have on the body and how to make good choices about substances that would have an impact on their health.
Session 5: Making Good Choices	Children will be encouraged to use their scientific knowledge and religious understanding to cope with pressurising situations and make good choices.
Session 6: Giving Assistance	This session equips children with some basic First Aid knowledge, including the recovery position.
Module 3: Unit 1: Religious Understanding	
Session 1: The Trinity	The children will consider how they can allow the Holy Spirit to work through them to share God's love in the world.
Session 2: Catholic Social Teaching	The children will learn how God wants us to live in society with each other.
Module 3: Unit 2: Living in the Wider World	
Session 1: Reaching Out	Children will apply the principles of Catholic Social Teaching to current issues.