



Parent Session

Ten:Ten
Resources

Life to the Full

- Welcome parents and carers to the Relationship Education parent session.
- This year, we will continue to adopt Life to the Full by Ten Ten resources to deliver the Relationship Education programme that meets the government's new statutory RSE guidelines.
- The Ten Ten programme is recommended by the diocese to meet criteria for statutory RSE.
- Ten Ten is an award-winning theatre, film and educational organisation working in Catholic primary schools throughout the UK.
- The Ten Ten programme 'Life to the Full' will be introduced in Term 2 and continued for the rest of the school year.

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

Vision of Life to the Full

To begin, we are going to watch together the Vision of Life to the Full, an 11-minute video made by Ten Ten.

This film briefly outlines:

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



Learning Stages of Life to the Full

The programme adopts a spiral curriculum taught across 4 learning stages.

The 4 learning stages :

- 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

Each learning stage covers the same 3 Modules.

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

I will discuss these in more detail later.

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 1: 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 it's 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



Disgusted



Calm

Module 1: 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

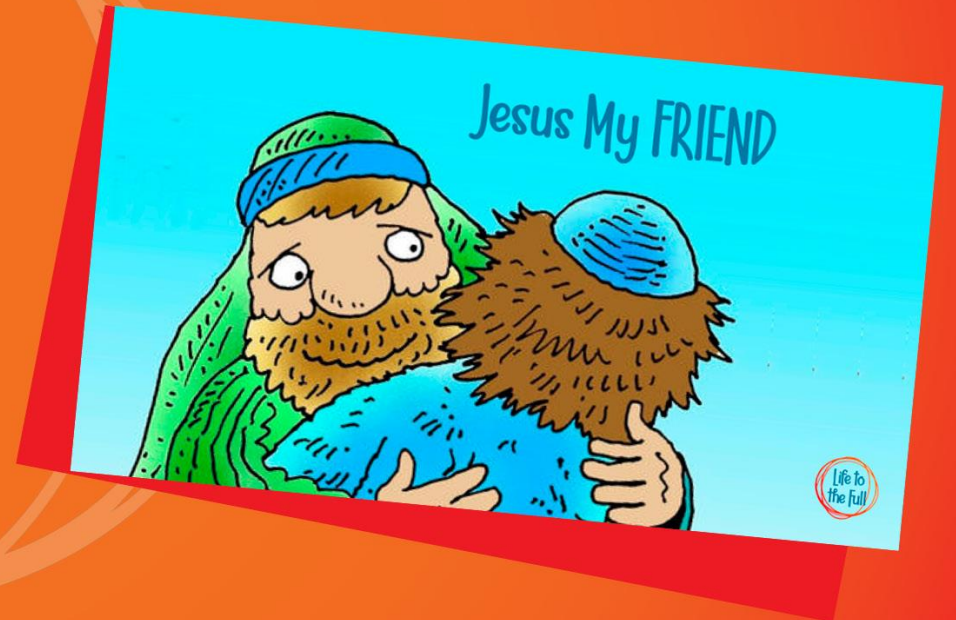


Module Two: Created to Love Others explores the individual's relationship with others. Building on the understanding that we have been created out of love and for love, this Module explores how we take this calling into our family, friendships and relationships, and teaches strategies for developing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

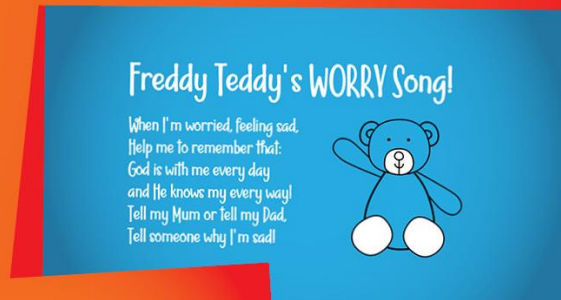
Early Years Foundation Stage:

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.



What makes a GOOD or a BAD friend?



The Adventures of Smartie the PENGUIN



My SUPER SPECIAL Squad

WHO is in your special squad?

WHAT makes them special to you?



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

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



Knowing the RULES: 4 Types of Abuse



Neglect
Physical Abuse
Emotional Abuse
Sexual Abuse

To SHARE... Or NOT to Share?



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

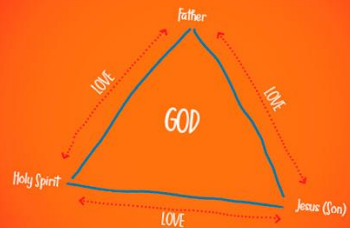
- Risks of sharing and chatting online
- A more complex understanding of different forms of abuse
- How drugs, alcohol and tobacco can negatively affect people's lifestyles and the body's natural functioning
- Essential First Aid such as DR ABC and the recovery position

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



The Communities we LIVE in



WHO is my Neighbour?



Community



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.



Life to
the Full

Online PARENT Portal

Username	st-michael-me4
Password	arch-angel-5
Parent Portal	https://www.tentenresources.co.uk/parent-portal/
Parent Consultation Tool	https://www.tentenresources.co.uk/parent-consultation-tool-primary/

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

www.tentenresources.co.uk/parent-portal



KEY Decisions

As a parent and carer, key decisions about discussion of genitalia (KS1), puberty (LKS2) and sexual intimacy (UKS2) will need to be made about some sessions:

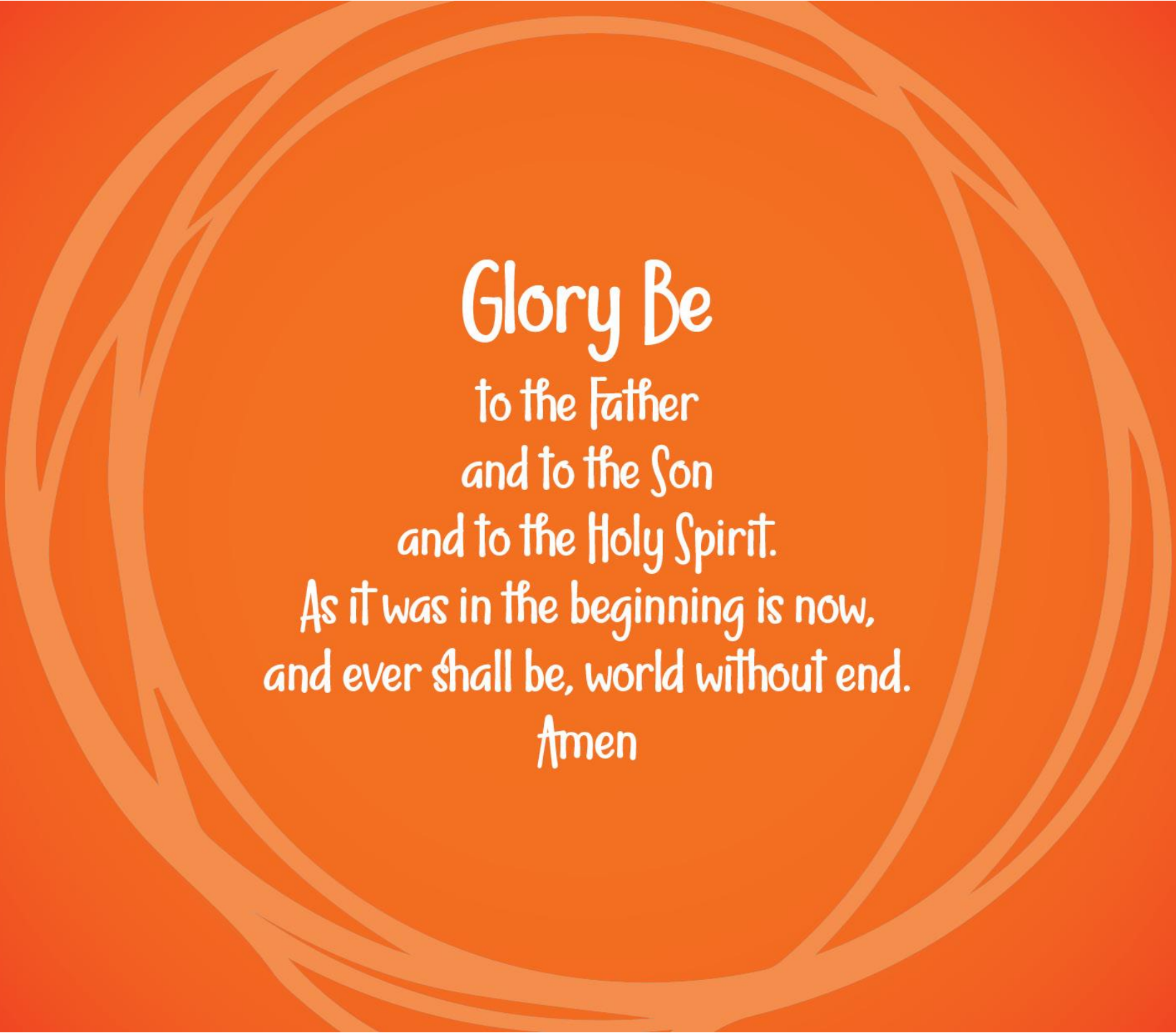
- **Key Stage One (Year 2)** – explores that we are uniquely made by a loving God, that we have differences and similarities (including physical differences between boys and girls). In **Module 1 Unit 2 Session 2 (Girls and Boys)**, the scientific names are used for the female and male genitalia (**Penis, Vulva, Testicles, Vagina and Urethra**).
- **Lower Key Stage Two (Year 4)** – understanding differences, respecting our bodies, puberty and changing bodies. In **Module 1 Unit 2 Session 3 and 4 (What is Puberty? Changing Bodies)**. In this session, children will develop a base-level understanding of what puberty is and get a grasp on some of the terminology related to puberty, such as genitalia and explore some of the specific physical and emotional changes that will take place for boys and girls over the coming years. The scientific names are used for the female and male genitalia (**Penis, Testicles, Scrotum, Vulva, Vagina and Breasts**).
- **Upper Key Stage Two (Year 6)** – a more nuanced and scientific understanding of life in the womb and how babies are made. In **Module 1 Unit 4 Session 1 and 2 (Making Babies)**, children will learn how babies are made and about the different stages of life in the womb pupils will learn some key information and facts about sexual intercourse; the teaching is underpinned with the religious understanding that sexual intercourse is intended for married couples and has been designed by God.
- **Upper Key Stage Two (Year 6)** – a more nuanced and scientific understanding of life in the womb and how babies are made. In **Module 1 Unit 3 Session 4 (Seeing Stuff Online)**. 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.

As previously mentioned, the option to teach some elements of the programme is left to the discretion of schools in consultation with parents/carers.

As these lessons include teaching about Sex Education, which is non-statutory, we as a school have decided not to deliver these to the children. However, you as parents and carers can access the lessons on the portal and share as a family if you so wish.

- **Key Stage One (Year 2: Genitalia)** –Module 1 Unit 2 Session 2 (Girls and Boys)
- **Lower Key Stage Two (Year 4: Puberty)** -Module 1 Unit 2 Session 3 and 4 (What is Puberty? Changing Bodies).
- **Upper Key Stage Two (Year 6: Sexual intimacy)** –Module 1 Unit 4 Session 1 and 2 (Making Babies)
- **Upper Key Stage Two (Year 6: Pornography)** –Module 1 Unit 3 Session 4 (Seeing Stuff Online).

Using the Parent Portal, you can access these sessions for yourself and explore the content in more detail.



Glory Be

to the Father

and to the Son

and to the Holy Spirit.

As it was in the beginning is now,
and ever shall be, world without end.

Amen



You can contact the school office via phone or email, if you wish to discuss any information further.