



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

A brief overview of Ten: Ten's Life to the Full



Ten Ten's programme, **Life to the Full**, teaches Relationships and Health Education (RHE) within the context of a Christian understanding of human sexuality rooted in the wisdom and teaching of the Catholic Church

The framework of the programme is taken from the **Model Catholic RSE Programme by the Catholic Education Service**, which has been highlighted by the Department of Education as a work of good practice.

Life to the Full is a fully resourced Scheme of Work in Relationships and Health Education (RHE) for Catholic primary schools which embraces and fulfils the new statutory curriculum. Taught with a spiral approach to learning, in which pupils will revisit the same topics at an age-appropriate stage through their school life, the programme includes teaching about personal health, physical and emotional wellbeing, strong emotions, private parts of the body, personal relationships, family structures, trusted adults, growing bodies, puberty, periods, life cycles, the dangers of social media, where babies come from, an understanding of the Common Good and living in the wider world. The entire teaching is underpinned with a religious understanding that our deepest identity is as a child of God - created chosen and loved by God.

The programme includes:

Approx. 60 lesson plans for Years 1 to 6 (EYFS to follow in 2020/21);

High-quality videos created by Ten: Ten specifically for UK-based Catholic primary schools;

Programme of prayer and worship music to accompany the scheme of work;

Assessment Activities;

Guidance for Programme Coordinators;

Teaching training sessions;

Programme Pathways for a variety of school timetables;

Online Parent Portal for links to home.



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 8 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 we did, but my favourite thing to do is to read is to read books with my brothers. They're taller than me, so can help me up to the higher branches.

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 toothache, holes, bad breath, gum disease and even our teeth to fall out
- It also gives us lovely fresh breath and keeps our teeth feeling fuzzy!

Happy	Sad	Angry	Scared
Disgust	Sleepy	Surprised	Calm

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

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

We don't have to be the SAME



Looking after my BODY



Lyla



When I feel angry, it helps me to close my eyes for a few moments and breathe deeply.

Finn



When I feel bored, it helps me to do something creative like draw a picture instead of being disruptive.

Siobhan



When I feel upset, the best thing I can do is talk to my Dad.

I am THANKFUL!



Changes in GIRLS



• Breasts and hips will get bigger
• Grow taller
• Pubic hair will start to grow under arms and between legs
• Men having periods
• Might get spots and sweat more
• Hair on legs might get darker and some girls might grow hair on upper lip
• Changes in hormones leading to mood swings

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 I: 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

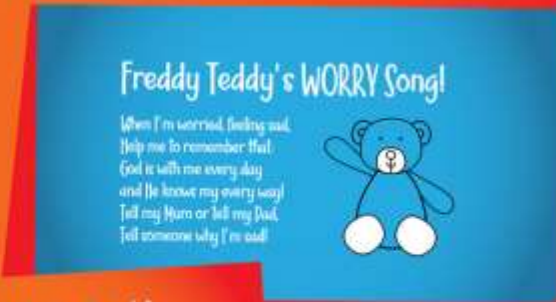
Early Years Foundation Stage:

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 special gift to give 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 have something rotten that is bad.



What makes a GOOD or a BAD friend?



GOOD friend

BAD friend

The Adventures of Smartie the PENGUIN



NSPCC

My SUPER SPECIAL Squad

WHO is in your special squad?

WHO 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

Under PRESSURE



Knowing the RULES: 4 Types of Abuse

Physical Abuse
Verbal Abuse
Sexual Abuse
Emotional 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 water boat in your swimming pool. 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



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.

Key Decisions regarding Curriculum content (Ten:Ten)

As part of our consultation process, the school invited all parents to view and feedback on 4 key decisions. These are as follows:

1. **Key Decision One: Learning the names of external genitalia in KS1.**

The decision in consultation with parents and directors is to teach the names of the genitalia (penis, testicles, vagina, vulva and urethra) in **Year 2**. These will be taught alongside other external body parts. The children will know the correct vocabulary to use and be prepared for further teaching KS2.

2. **Key Decision Two: Teaching about Puberty, Physical changes in Year 4.**

The decision in consultation with parents and directors is to teach the first part of Puberty in **Year 4**. This includes teaching on the growth of genitals, hair growth and the first teaching about menstruation. It is suggested that for these sessions the class will be split into girls and boys (see specific class/group arrangements below). The children will be then prepared for puberty at an age appropriate time (from 8 years old) and ready for further teaching in Upper KS2.

3. Key Decision Three: Teaching about Sexual Intimacy in Upper KS2.

The decision in consultation with parents and directors is to include this lesson in the curriculum for **Year 6**. As a school, we feel the children will all receive the correct information together and will allow for understanding around the subject area and opportunities to ask questions in a safe environment.

This lesson is teaching the children about sexual intercourse. Teaching about sexual intercourse to primary school children is not part of the statutory curriculum; however, it is a natural progression of the conversation around the scientific understanding of how babies are made (sperm and egg). In this lesson, children are taught about how pregnancy is the product of sexual union between a married Christian couple. The subject is sensitively handled for children in Year 6 (10-11 years old).

4. Key Decision Four: Teaching the term Pornography to Upper KS2.

The decision in consultation with parents and directors is to include this lesson in the curriculum for **Year 6**. As a school, we feel the children will all receive the correct information together and will allow for understanding around the subject area and opportunities to ask questions in a safe environment.

In Upper Key Stage 2, there is a lesson called "Seeing Stuff Online" which addresses the risks that children face from seeing pornographic images and videos online. This can be viewed to be about 'internet safety' and therefore falls under the statutory Health Education curriculum. It does introduce the term pornography and sensitively explains the meaning in an age appropriate context. 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 a Catholic school our focus is to look at both the detrimental impact this can have on the brain and on the soul.

Online PARENT Portal

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

www.tentenresources.co.uk/parent-portal



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