

## Year 7

|                  | Core Theme              | Session Title                          | Description   |
|------------------|-------------------------|--|---|
| <b>Session 1</b> | Religious Understanding | <a href="#">Who Am I?</a>              | Our core identity is that each of us is a completely unique person, a unity of body and soul, created and loved by God.   |
| <b>Session 2</b> | My Body                 | <a href="#">Changing Bodies</a>        | Puberty involves physical, emotional and sexual development. Daunting though it can be, it is part of God's plan for us.  |
| <b>Session 3</b> | Emotional Well-Being    | <a href="#">Healthy Inside And Out</a> | Thinking about self-esteem helps us consider its impact and how to nurture it.  |
| <b>Session 4</b> | Life Cycles             | <a href="#">Where We Come From</a>     | Sexual intercourse is revealed as more than just a physical act, but a gift from God for married couples, an expression of love and His plan for how babies are made. |
| <b>Session 5</b> | Personal Relationships  | <a href="#">Family and Friends</a>     | Reflecting on different types of friendship and family structure opens up strategies for managing behaviour through consideration of thoughts, feelings and actions.  |
| <b>Session 6</b> | Keeping Safe            | <a href="#">My Life on Screen</a>      | Online lives need safeguarding, just like in real life.   |
| <b>Session 7</b> | Wider World             | <a href="#">Living Responsibly</a>     | Becoming aware of the effects of actions on others helps us understand the concept of social responsibility.  |

## Year 8

|                  | Core Theme              | Session Title                            | Description   |
|------------------|-------------------------|--|---|
| <b>Session 1</b> | Religious Understanding | <a href="#">Created and Chosen</a>       | Becoming aware of our uniqueness can help us open up to God who is the ground of our being and the One who loves us.  |
| <b>Session 2</b> | My Body                 | <a href="#">Appreciating Differences</a> | Understanding our identity means appreciating male/female differences and learning to accept the invitation from God to root our identity in who he created us to be. |
| <b>Session 3</b> | Emotional Well-Being    | <a href="#">Feelings</a>                 | Managing sexual feelings requires self-control, self-respect and patience.  |
| <b>Session 4</b> | Life Cycles             | <a href="#">Before I Was Born</a>        | Contemplating life in the womb reveals that it is both beautiful and fragile.   |
| <b>Session 5</b> | Personal Relationships  | <a href="#">Tough Relationships</a>      | In the real world of relationships, we can always be better at living with tolerance, kindness and forgiveness.   |
| <b>Session 6</b> | Keeping Safe            | <a href="#">Think Before You Share</a>   | Image sharing and anything in word, speech or action that reduces people to objects dishonours their God-given dignity.   |
| <b>Session 7</b> | Wider World             | <a href="#">Wider World</a>              | Recognizing the sin of unjust discrimination in our world helps us challenge and change our own behaviour in school and in our everyday life.                         |

## Year 9

|                  | Core Theme              | Session Title                               | Description   |
|------------------|-------------------------|---|---|
| <b>Session 1</b> | Religious Understanding | <a href="#">The Search for Love</a>         | Beyond romantic feelings and desires, there is a deeper kind of love based on a decision to sacrifice for the good of the other.                  |
| <b>Session 2</b> | My Body                 | <a href="#">Love People, Use Things</a>     | Consumerism can lead to objectification and this could cause us to treat people the way we treat things.  |
| <b>Session 3</b> | Emotional Well-Being    | <a href="#">In Control of My Choices</a>    | Desire and attraction can affect the decisions made in relationships and effort and perseverance are needed to prevent them be dominated by lust. |
| <b>Session 4</b> | Life Cycles             | <a href="#">Fertility and Contraception</a> | Fertility is a gift and responsibility and consideration is given to how methods for managing conception fit with God's plan for sex.             |
| <b>Session 5</b> | Personal Relationships  | <a href="#">Commitment and Marriage</a>     | Commitment can take on many forms in different relationships, including sexual relationships and marriage.  |
| <b>Session 6</b> | Keeping Safe            | <a href="#">Understanding Consent</a>       | Consent is not just gaining permission for something but involves complexities in both its giving and receiving.                                  |
| <b>Session 7</b> | Wider World             | <a href="#">Human Rights - And Wrongs</a>   | Sexual exploitation brings to light our human rights and responsibilities and the ways they are violated by sexual harassment, assault and rape.  |

## Year 10

|                  | Core Theme              | Session Title              | Description  |
|------------------|-------------------------|----------------------------|--|
| <b>Session 1</b> | Religious Understanding | Authentic Freedom          | Making a loving gift of self is an ideal worth holding out for, one which leads to real freedom.                                   |
| <b>Session 2</b> | My Body                 | Self-Image                 | Understanding our dignity allows us to appreciate our bodies in the right way.   |
| <b>Session 3</b> | Emotional Well-Being    | Beliefs, Values, Attitudes | Making good moral choices depends on building confidence, integrity and understanding.   |
| <b>Session 4</b> | Life Cycles             | Parenthood                 | While we sometimes take parents for granted, parenthood impacts us in so many ways. It is the responsibility of a lifetime.        |
| <b>Session 5</b> | Personal Relationships  | Pregnancy and Abortion     | Pregnancy is an invitation to discover the challenge of responding with love to the gift of life.                                  |
| <b>Session 6</b> | Keeping Safe            | Abuse                      | Abuse in relationships is incompatible with our dignity and calls for vigilance and compassion.                                    |
| <b>Session 7</b> | Wider World             | Solidarity                 | Love means building peace and living in solidarity with all of God's creation, in particular the poor, marginalised and oppressed. |

## Year 11

|                  | Core Theme              | Session Title    | Description   |
|------------------|-------------------------|------------------|---|
| <b>Session 1</b> | Religious Understanding | Self-Worth       | This session invites pupils to consider how they respect themselves and others, and the role God can play within that.  |
| <b>Session 2</b> | My Body                 | Addiction        | In this session, pupils hear the story of Dina, who overcame severe drug addiction through the help of family, community, responsibility and faith.   |
| <b>Session 3</b> | Emotional Well-Being    | Eating Disorders | This session invites pupils to consider their own deepest needs and the complexities and contradictions within themselves.  |
| <b>Session 4</b> | Life Cycles             | Birth Control    | This session holds fertility up as a precious gift to be protected, nurtured and valued.  |
| <b>Session 5</b> | Personal Relationships  | Pornography      | This session looks at 'adult content' in an adult way: asking questions about how it affects people's behaviour, how it affects the way people think about themselves, others and their relationships.  |
| <b>Session 6</b> | Keeping Safe            | STIs             | In this session, pupils meet Bobbi, who was raised in East London with strong Indian cultural values. She describes how she felt torn between two worlds: wanting to push boundaries, but also feeling a lot of pressure to not bring shame on her culture, her community and her family. |
| <b>Session 7</b> | Wider World             | Coercive Control | In this final session of the Year 11 programme, Mairi and Nathan explain how we are a social species: isolation is not in our nature. Our longing for intimate, exclusive relationships is a beautiful thing, but one that can make us vulnerable.  |

## Cinema-in-Education sessions

| Sessions per programme | <b>Session 1</b><br>Whole or half-year groups | <b>Session 2</b><br>Whole or half-year groups | <b>Session 3</b><br>Whole or half-year groups |
|------------------------|---|---|---|
| <b>Year 7</b>          | Facts of Life                                 | Seeking and Offering Support                  | Looking in the Mirror                         |
| <b>Year 8</b>          | The Trouble with Max                          | Trust the Truth – Part One                    | Trust the Truth – Part Two                    |
| <b>Year 9</b>          | Love, Honour, Cherish                         | The Gift of Sex                               | The Gift of Self                              |
| <b>Year 10</b>         | Babies  | Responding to an Unexpected Pregnancy         | Safe Sex or Save Sex?                         |
| <b>Year 11</b>         | Truth and Lies                                | Truth or Lies – Part One                      | Truth or Lies – Part Two                      |
| <b>Year 12</b>         | Common Room                                   | Life in Sixth Form – Part One                 | Life in Sixth Form – Part Two                 |
| <b>Year 13</b>         | Bakhita's Prayer                              | Understanding Human Trafficking               | Taking Action                                 |