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| Module and Unit | Session | Title and summary | Learning Objectives | Key vocab |
| Module 1, Unit 2 | 1 | **I am unique**This session builds on the Unit 1 Gospel reflections on Jesus welcoming little children to Him, helping pupils to remember that they’re all special because they are made and loved by God. Children will be encouraged to notice similarities and celebrate differences between fictional people and each other as things that make us unique and special. | Children will learn that we are unique, with individual gifts, talents and skills. | unique, special, similarities, differences, individual, gifts, talents, skills |
| Module 1, Unit 2 | 2 | **Girls and boys Version 2**This session is all about celebrating our God-given bodies and the things they enable us to do! In an age-appropriate way, children will be encouraged to notice similarities and celebrate differences between girls and boys on physical, emotional and spiritual levels. | ● That our bodies are good ● The names of our body parts (please refer to the Module Overview for important guidance on discussing genitalia) ● That girls and boys have been created by God to be both similar and different, together making up the richness of the human family | toes, foot, knee, leg, fingers, thumb, hand, arm, elbow, shoulders, neck, back, head, ears, eyes, nose, mouth, hair, penis, testicles, urethra, vulva, vagina  |
| Module 1, Unit 2 | 3 | **Clean and healthy (My body)**Building from the last session where children learned that our bodies are good, this session teaches children how to take care of their bodies. Children will meet Super Susie and help teach her how to take care of herself. They will finish learning ‘Touch Your Knees, Touch Your Toes’ and remember that their bodies are a special gift from God that they need to look after! | ● That our bodies are good and we need to look after them ● What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating ● The importance of sleep, rest and recreation for our health ● How to maintain personal hygiene | care, special, good, super, balanced, diet, clean, wash, brush, sleep, teeth, hair, body, hygiene, healthy |
| Module 2, Unit 3 | 4 | **Being safe**This session helps children to recognise safe and unsafe situations in real life and online. Through activities and the story of Smartie the Penguin, children will understand that being safe is not just about physical precautions, they need to feel safe on the inside too. This resource embeds the resource ‘Smartie the Penguin’ by Childnet International within the programme, ‘Life to the Full’. | ● To understand safe and unsafe situations, including online | Respect, honesty, trust, wisdom, courage, safe, stranger, worry, concern, anxious, nervous, upset |
| Module 2, Unit 3 | 5 | **Good and bad secrets**In this session, children will learn the difference between good secrets that are safe to keep, and bad secrets that are unsafe to keep. They will help Super Susie to decide whether some secrets she is asked to keep are good or bad, and what to do about it. Through activities and teaching, children will learn how to resist pressure when feeling unsafe. | ● The difference between ‘good’ and ‘bad’ secrets and that they can and should be open with ‘special people’ they trust if anything troubles them ● How to resist pressure when feeling unsafe | good, secret, bad, secret, surprise, safe, unsafe, temporary, forever, trust, threat, guilty, private, matter |
| Module 2, Unit 3 | 6 | **Physical Contact**This session incorporates (with kind permission) the PANTS resources from the NSPCC that teach children: ● Privates are private ● Always remember your body belongs to you ● No means no ● Talk about secrets that upset you ● Speak up, someone can help | ● To know that they are entitled to bodily privacy. ● That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest. | body, God, respect, gift, appropriate, inappropriate, PANTS, rules, private, physical, touch, positive, negative, feelings, affection, safe, unsafe, necessary, unnecessary, permission, secret, trust, comfortable, uncomfortable, harm, private, parts, same, born |