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| Session | Unit Title | Vocabulary/Description |
| **Summer One** |
| **One** | We Don’t Have To Be The Same | **similarities, differences, unique, skills, talents, confident, self-confidence, changeable, teamwork, community, beloved, Child of God**Children will learn that:Similarities and differences between people arise as they grow andmake choices, and that by living and working together – teamwork– we create communitySelf-confidence arises from being loved by God |
| **Two** | Respecting Our Bodies | **body, gift, dis/respect, special, safe, healthy, in/appropriate, balanced, diet, exercise, sensible, God, Holy Spirit, choice, responsibility**Children will learn:About the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what theyphysically do. |
| **Three** | What is Puberty? | **puberty, childhood, adulthood, milestone, timeline, physical, growth, development, body, changes, emotions, gradual, past, future, Child of God**Children will:Learn what the term ‘puberty’ means.Learn when they can expect puberty to take place.Understand that puberty is part of God’s plan for our bodies. |
| **Four** | Changing Bodies | **puberty, childhood, adulthood, private parts, genitalia, penis, testicles, scrotum, vulva, vagina, breasts, hips, pubic hair, muscles, spots, sweat, hormones, mood, swings, periods, blood**Children will:Learn correct naming of genitaliaLearn what changes will happen to boys during pubertyLearn what changes will happen to girls during puberty |
| **Five** | Male/Female Discussion Groups | Depending on the response of your children and the RSE Policy in your school, it may be appropriate to have a more informal meeting with children in single-sex groups to allow for any discussions or questions that may have arisen through the previous sessions on puberty. |
| **Summer Two** |
| **Session One: Life Cycles****Session Two: A Time for Everything****Session Three: Chatting Online****Session Four: Safe in my Body****Session Five: Drugs, Alcohol and Tobacco** |