

Module 1: Created and Loved by God	
Unit 1: Religious Understanding	
Story Sessions: Calming the Storm NEW for 2020 replacing Kester's Adventures*	
Unit 2: Me, my body, my health	
Session 1: Gifts and Talents	
Session 2: Girls' Bodies	
Session 3: Boys' Bodies	
Session 4: Spots and Sleep	
Unit 3: Emotional well-being	
Session 1: Body Image	
Session 2: Peculiar Feelings	
Session 3: Emotional Changes	
Session 4: Seeing Stuff Online	
Unit 4: Life cycles	
Session 1: Making Babies Pt1	
Session 2: Making Babies Pt2 *Optional. See your Programme Coordinator	
Session 3: Menstruation	
Module 2: Created to Love Others	
Unit 1: Religious Understanding	
Session 1: Is God Calling You?	
Unit 2: Personal Relationships	
Session 1: Under Pressure	
Session 2: Do You Want a Piece of Cake?	
Session 3: Self-Talk	
Unit 3: Keeping Safe	
Session 1: Sharing Isn't Always Caring	
Session 2: Cyberbullying	
Session 3: Types of Abuse	
Session 4: Impacted Lifestyles *NEW for 2020*	
Session 5: Making Good Choices *NEW for 2020*	
Module 3: Created to Live in Community	
Unit 1: Religious Understanding	
Session 1: The Trinity *UPDATED for 2020*	
Session 2: Catholic Social Teaching	
Unit 2: Living in the Wider World	
Session 1: Reaching Out	