

Term	Topics	In these sessions pupils will learn....	Lesson titles	Assessment
Autumn	Personal strengths and weaknesses Making and maintaining friendships Body confidence Regulating emotions Promoting self-care	<ul style="list-style-type: none"> <li>How setting goals can help with motivation, focus, and personal growth</li> <li>Identify common obstacles to achieving goals and explore strategies to stay on track</li> <li>How Holy Cross is a supportive school that enables personal growth</li> <li>Key characteristics of positive friendships, such as trust, respect, and empathy</li> <li>How behaviours like honesty, active listening, and support influence the strength and quality of friendships</li> <li>How friendships stretch online and how to manage these</li> <li>To know that puberty involves physical, emotional, and sexual development</li> <li>To understand that puberty is part of God's plan, and He is with us through it all</li> </ul>	<p>Goal setting at Holy Cross</p> <p>What makes a good friend?</p> <p>10:10 Changing bodies</p>	<p>Personal baseline assessment</p> <p>Pupil feedback of session</p>
Spring	Team work and communication skills Self-esteem Body Confidence Mind and Body	<ul style="list-style-type: none"> <li>The ability to share ideas, listen to others, and contribute to group decision-making</li> <li>Practice using verbal and non-verbal communication skills to present ideas</li> <li>Apply problem solving skills in a team context</li> <li>To understand what self-esteem is and what contributes to it</li> <li>To know how self-esteem can affect your life and how to increase it</li> <li>To explore different types of friendship and family structure</li> <li>To know how to better manage their behaviour through consideration of thoughts, feelings and actions</li> </ul>	<p>Enterprise Task</p> <p>10:10 - Healthy inside and out</p> <p>10:10 - Family and friends</p>	<p>Personal baseline assessment</p> <p>Pupil feedback of session</p> <p>Mid-Year Review</p>
Summer	Puberty and managing change (physical) Regulating emotions Promoting self-esteem Financial choices	<ul style="list-style-type: none"> <li>To understand that sexual intercourse is more than just a physical act</li> <li>To know how sex is a gift from God for married couples and His plan for how babies are made</li> <li>Explore different types of relationships (family, friends, peers) and how these may evolve as they grow older</li> <li>The importance of inclusion, respect, and acceptance of difference</li> <li>Ways to communicate effectively, show empathy, and manage changes in relationships positively</li> <li>To understand that all of us have online 'lives'</li> <li>To consider the steps needed to safeguard this online life, just as in 'real life'</li> <li>To explore how personal values, can shape the way people think about earning, spending, and saving money</li> <li>How positive and negative attitudes toward money can influence choices such as budgeting, saving, and spending</li> <li>Identify practical ways to make informed financial decisions, including setting priorities and understanding needs versus wants</li> </ul>	<p>10:10 - Where we come from</p> <p>Changing relationships</p> <p>10:10 My life on Screen</p> <p>Attitudes to money</p>	<p>Pupil Feedback</p>

- First Aid delivered in form time by Mrs Moss
- Some timings of the sessions may change