



RSHE at St Francis

Ten Ten Resources

Principles of RSHCE within our Catholic Context

Ten Ten's Principles

Ten Ten's 10 Principles for teaching Catholic RSE

1. Our bodies are good
2. As we grow in our loving relationships with others, we become closer to the image and likeness of God
3. Catholic RSHE should be about the whole person
4. Catholic RSHE should be taught in partnership with parents
5. Our deepest identity is as a child of God
6. Story can change hearts and minds
7. Catholic RSHE is an education in virtue
8. Catholic RSHE is an education in conscience
9. RSHE is about striving for the Common Good
10. Prayer, Scripture and the Sacraments underpin and make possible the living out of Catholic teaching.

The core themes are:

Created and Loved by God

Created to Love Others

Created to Live in Community

Theme 1: Created and Loved by God

EYFS & KS1

KS2

Education in
Virtue

Children are growing to be:

Respectful of their own bodies and character

Appreciative of blessings

Grateful to others and God

Patient when they do not always get what they want

Children are growing to be:

Respectful of their own bodies and character

Appreciative of blessings

Grateful to others and God

Self-disciplined and able to forgo or delay gratification for the sake of greater goods.

Discerning in their decision making

Determined and resilient in the face of difficulty

Courageous in the face of new situations in facing their fears

Theme 1: Created and Loved by God

EYFS & KS1

KS2

Religious
Understanding

Pupils should be taught:

We are made by God and are special

We are all God's children

Ways of expressing gratitude to God

About the sacrament of Baptism

Pupils should be taught:

We are special people, made in the image and likeness of God

We are children of God with innate dignity

God has created for us a purpose (vocation)

Life is precious and their body is God's gift to them

Prayer and worship are ways of nourishing their relationship with God

Sacraments often coincide with different natural stage in life

RSHE content linked to theme

	EYFS & KS1	KS2
Me, My Body and My Health	<p>Pupils should be taught:</p> <p>We are all unique individuals and have individual gifts, talents and abilities</p> <p>Similarities and differences between girls and boys</p> <p>Personal hygiene and a healthy lifestyle</p>	<p>Pupils should be taught:</p> <p>Everyone expresses their uniqueness in different ways and being different is not always easy</p> <p>About the growth and development of humans and the changes experienced during puberty</p>
Emotional Well-Being and Attitudes	<p>A language to describe feelings</p> <p>That feelings and actions are two different things</p> <p>Managing feelings and behaviour</p> <p>That choices have consequences</p>	<p>Extending their feelings vocabulary</p> <p>What positively and negatively affects their physical, mental and emotional health</p> <p>That some behaviour is unacceptable, unhealthy or risky</p> <p>Strategies to build resilience and resist pressure</p>
Life Cycles and Fertility	<p>That there are life stages from birth to death</p>	<p>How a baby grows and develops in its mother's womb</p> <p>The nature and role of menstruation</p>

THEME 2: CREATED TO LOVE OTHERS

EYFS & KS1

KS2

Education
in Virtue

Children are growing to be:

Friendly - able to make and keep friends

Caring - attentive to the needs of others and generous in their responses

Respectful of others

Forgiving - able to say sorry

Courteous - learning to say please and thank you

Honest - able to tell the difference between truth and lies

Children are growing to be:

Loyal - able to develop and sustain friendships

Compassionate - able to empathise with the suffering of others and the generosity to help others in trouble

Respectful - able to respect the ways other people are different

Forgiving - developing the skills to allow reconciliation

Courteous - in their dealings with friends and strangers

Honesty - committed to living truthfully

THEME 2: CREATED TO LOVE OTHERS

EYFS & KS1

KS2

Religious
Understanding

Pupils should be taught:

We are part of God's family
That saying sorry is important and can help mend broken friendships
Jesus cared for others
That we should love other people in the same way that Jesus loves us

Pupils should be taught:

Christians belong to the Church family which includes the school, parish and diocese
The importance of forgiveness and reconciliation in relationships and some of Jesus' teaching on forgiveness
The sacrament of marriage involves commitment and self-giving

RSHE content

	EYFS & KS1	KS2
Personal Relationships	<p>The characteristics of positive and negative relationships</p> <p>To identify special people (family, carers, friends)</p> <p>There are different family structures and these should be respected</p> <p>How their behaviour affects others</p> <p>To recognise unkindness and how to respond</p> <p>Types of teasing and bullying</p>	<p>How to maintain positive relationships</p> <p>There are different types of relationships</p> <p>An awareness of bullying</p> <p>About harassment and exploitation in relationships</p> <p>To recognise and manage risk</p> <p>About changes that can happen in life, e.g. loss, separation and the emotions that can accompany these</p>
Keeping Safe and People Who Can Help Me	<p>To recognise safe and unsafe situations</p> <p>Resisting pressure</p> <p>The difference between good and bad secrets</p> <p>Who to go to if they need help</p>	<p>How to use technology safely</p> <p>That not all images, languages or behaviour are appropriate</p> <p>To judge what kind of physical contact is acceptable or unacceptable</p> <p>That there are a number of different people and organisations that they can go to for help in different situations and how to contact them</p>

THEME 3: CREATED TO LIVE IN COMMUNITY

EYFS & KS1

KS2

Education in
Virtue

Children are growing to be:

Just and fair in their dealings with other
people

People who serve others

Active in their commitment to bring about
change

Children are growing to be:

Just - understanding the impact of their actions

Self-giving - able to put aside their own wants in order to
serve others

Prophetic in their ability to identify injustice and speak out
against it

CREATED TO LIVE IN COMMUNITY – LOCAL, NATIONAL AND GLOBAL

EYFS & KS1

KS2

Religious
Understanding

Pupils should be taught:

That God is Father, Son and Holy Spirit
Some scripture illustrating the importance of living in community
Jesus' teaching on who is my neighbour

Pupils should be taught:

God is Trinity – a communion of persons
The key principles of Catholic Social Teaching
The Church is the Body of Christ

RSHE content

EYFS & KS1	KS2
Living in the Wider World	That there are some cultural practices which are against British law and human rights
Wider World	That actions such as FGM constitute abuse and are crimes
Wider World	That bacteria and viruses can affect health and that following simple routines and medical interventions can reduce their spread
Wider World	About the range of national regional religious and ethnic identities in the UK and beyond and the importance of living in right relationship with one another.
Wider World	
Wider World	
Wider World	
Wider World	
Wider World	

Good Practice in Delivering the Curriculum

It's particularly important when delivering these topics to remind yourself of good methods such as:

- Allowing students the opportunity to ask questions in **small** groups or anonymously, e.g. through question boxes
- Discussing and setting clear ground rules at the start which are visible, modelled and followed consistently
- Stopping discussions if pupils' personal information starts to be shared
- Telling pupils they can ask for help and will be taken seriously
- Those in leadership roles should ensure there is support for teachers' own wellbeing. For example, making sure everyone knows who the various 'leads' are within the school, as well as signposting specialist support available outside of school.



Key Decisions

1. The Use of Scientific Terms for Sexual Organs
2. Puberty- In Year 4 or UKS2
3. Discussing sexual intercourse
4. The Pornography Issue

