

## Year 4 RHE topics

The following topics will be covered over the course of the year.

<i>Topic</i>	<i>Summary</i>
<b>We Don't Have to be the Same</b>	Children learn that similarities and differences between people arise as they grow and make choices, and that by living and working together we create community.
<b>Respecting our Bodies</b>	Children learn the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do.
<b>What is Puberty?</b>	Children will learn what the term 'puberty' means and when they can expect puberty to take place.
<b>Changing Bodies</b>	Children will learn correct naming of genitalia and what changes will happen to boys and girls during puberty.
<b>What Am I Feeling?</b>	Children will learn that emotions change as they grow up, that the range and intensity of their feelings and that 'feelings' are not good guides for action. They will learn that feelings are neither good nor bad, but information about what we are experiencing that help us consider how to act. Children will also learn what 'emotional well-being' means and that positive actions and talking to trusted people enhance emotional well-being.
<b>What Am I Looking At?</b>	Children will learn that images in the media do not always reflect reality and can affect how people feel about themselves and that God made us and loves us as we are.
<b>I Am Thankful</b>	Children will learn that some behaviour is wrong, unacceptable, unhealthy and/or risky. They will also learn that thankfulness builds resilience against feelings of envy, inadequacy, and insecurity, and against pressure from peers and the media.
<b>Life Cycles</b>	Children will learn that they were handmade by God with the help of their parents. They will also learn how a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception and how conception and life in the womb fits into the cycle of life.
<b>A Community of Love</b>	Children will learn that God is love as shown by the Holy Trinity – a communion of persons supporting each other in their self-giving relationship. They will also learn that we are made in the image of God, which means we are made to love God and others, and be loved by God and others.
<b>What is the Church?</b>	Children will learn that the human family reflects the Holy Trinity in charity and generosity and that the Church family comprises of home, school and parish (which is part of the diocese).
<b>How Do I Love Others?</b>	Children will learn that God wants His Church to love and care for others and to devise practical ways of loving and caring for others.