

## Year 6 RHE topics

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

<i>Topic</i>	<i>Summary</i>
<b>Gifts and Talents</b>	Children will learn that similarities and differences between people arise as they grow and mature, that by living and working together we create community and that there are many different types of family set up.
<b>Girls' Bodies</b>	Children will learn about the unique growth and development of humans, and the changes that girls will experience during puberty. They will also learn about the need to respect their bodies as a gift from God to be looked after well and the need for modesty and appropriate boundaries.
<b>Boys' Bodies</b>	Children will learn about the unique growth and development of humans, and the changes that boys will experience during puberty. They will also learn about the need to respect their bodies as a gift from God to be looked after well and the need for modesty and appropriate boundaries.
<b>Spots and Sleep</b>	Children will learn how to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.
<b>Body Image</b>	Children will learn recognise that images in the media do not always reflect reality and can affect how people feel about themselves. They will also learn that thankfulness builds resilience against feelings of envy, inadequacy etc., and against pressure from peers or the media.
<b>Peculiar Feelings</b>	Children will deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action. They will also learn that some behaviour is wrong, unacceptable, unhealthy or risky.
<b>Emotional Changes</b>	Children will learn that emotions change as they grow up (including hormonal effects) and they will deepen their understanding of the range and intensity of their feelings; that feelings are not good guides for action. They will also learn that openness with trusted parents/carers/teachers when worried helps with healthy emotional well-being.
<b>Seeing Stuff Online</b>	Children will learn the difference between harmful and harmless videos and images and the impact that harmful videos and images can have on young minds. They will also learn ways to combat and deal with viewing harmful videos and images.
<b>Making Babies</b>	Children will learn how a baby grows and develops in its mother's womb and that pregnancy and childbirth are God's way of giving the gift of life: He creates new life, but entrusts parents with the job of making us.

<b>Menstruation</b>	Children will learn about the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life. They will also learn some practical ways to manage the onset of menstruation.
<b>The Trinity</b>	Children will learn that God the Father, God the Son and God the Holy Spirit are the three persons of the Holy Trinity and that the Holy Spirit works through us to share God's love and goodness with others.
<b>Catholic Social Teaching</b>	Children will learn the principles of Catholic Social Teaching and that God formed them out of love, to know and share His love with others.
<b>Reaching Out</b>	Children will learn to apply the principles of Catholic Social Teaching to current issues and find ways in which they can spread God's love in their community.