



relationships sex education

Our provider is **Ten:Ten**, and they are approved by the Birmingham Catholic Dioceses.

Person I want to become *Year 7*

Recognising myself as a child of God, worthy of dignity and understanding myself as I grow.

Created & Chosen *Year 8*

Becoming aware and appreciative of our uniqueness and grounding in dignity as we navigate relationships.

The Search for Love *Year 9*

Recognising that we are in control of our own choices and considering how we can be kind and bring dignity in all relationships.

Authentic Freedom *Year 10*

Understanding that there are different beliefs, attitudes and values in the world and recognising our own.

Self Worth *Year 11*

Supporting our own dignity in all relationships and understanding life cycles.



<https://www.tentenresources.co.uk/about-us/>

Together we recognise that we are all made in God's image & likeness.



Person I Want to Become



Year 7

1

Who Am I

Our core identity is that each of us is a completely unique person, a unity of body and soul, created and loved by God.

2

Changing Bodies

Puberty involves physical, emotional and sexual development. Daunting though it can be, it is part of God's plan for us.

3

Healthy inside & out

Thinking about self-esteem helps us consider its impact and how to nurture it.

4

Where we come from

Sexual intercourse is revealed as more than just a physical act, but a gift from God for married couples, an expression of love and His plan for how babies are made.

5

Family & Friends

Reflecting on different types of friendship and family structure opens up strategies for managing behaviour through consideration of thoughts, feelings and actions.

6

My life on screen

Online lives need safeguarding, just like in real life.

7

Living Responsibly

Becoming aware of the effects of actions on others helps us understand the concept of social responsibility.



Created & Chosen



Year 8

1

Created & Chosen

Becoming aware of our uniqueness can help us open up to God who is the ground of our being and the One who loves us.

2

Appreciating Differences

Understanding our identity means appreciating male/female differences and learning to accept the invitation from God to root our identity in whom He created us to be.

3

Feelings

Managing sexual feelings requires self-control, self-respect and patience.

4

Before I was born

Contemplating life in the womb reveals that it is both beautiful and fragile.

5

Tough Relationships

In the real world of relationships, we can always be better at living with tolerance, kindness and forgiveness.

6

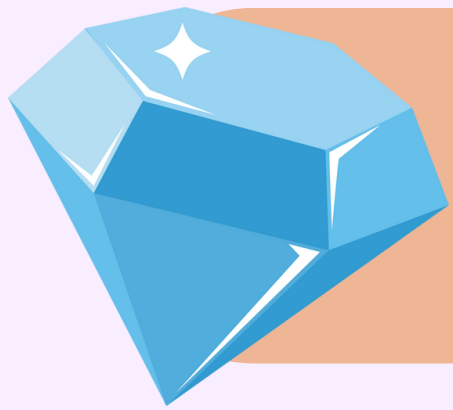
Thinking before you share

Image sharing and anything in word, speech or action that reduces people to objects dishonour their God-given dignity.

7

Wider World

Recognising the sin of unjust discrimination in our world helps us to challenge and change our own behaviour in school and in our everyday life.



The Search for Love



Year 9

1

The Search for Love

The desire to love and be loved links to God's plan for romantic love, sexual attraction, and intimacy.

2

Love People, Use Things

Objectification negatively impacts whether it occurs in casual sex, pornography or masturbation.

3

In Control of my choices

Love and lust, shame and regret are the key issues when thinking about choosing to delay sexual intimacy.

4

Fertility and Contraception

Knowing about methods for managing conception aids reflection on why they uphold or contravene God's plan for sex.

5

Marrgiage

Learning about different types of committed relationships leads to consideration of what relationships are desired in the future.

6

One Hunderd Percent

Consent is not just gaining permission for something but involves choosing to honour and respect one another as persons with innate dignity.

7

Knowing my Rights & Responsibilities

Becoming aware of the effects of actions on others helps us understand the concept of social responsibility



Authentic Freedom

Life to
the Full

Year 10

1

Authentic Freedom

Making a loving gift of self is an ideal worth holding out for, one which leads to real freedom.

2

Self Image

Understanding our dignity allows us to appreciate our bodies in the right way.

3

Values, Attitudes, Beliefs

Love making good moral choices depends on building confidence, integrity and understanding.

4

Parenthood

While we sometimes take parents for granted, parenthood impacts us in so many ways. It is the responsibility of a lifetime.

5

Pregnancy & Abortion

Learning that pregnancy is an invitation to discover the challenge of responding with love to the gift of life.

6

Abuse

Abuse in relationships is incompatible with our dignity and calls for vigilance and compassion.

7

Solidarity

Love means building peace and living in solidarity with all of God's creation, in particular, the poor, marginalised and oppressed.



Self Worth

Year 11



1

Self Worth

Exploring how formative experiences impact us and recognising our own true value.

2

Addiction

Understanding the pull of short-term satisfaction, yet that maturity and growth happens through appreciating one's own life as a gift and learning to make a gift of oneself to others.

3

Relationship with food

This session invites pupils to consider their own deepest needs and the complexities and contradictions within themselves, learning that gaining insight into oneself is a key to well-being.

4

Family Planning

Understanding that there are different methods for family planning from artificially natural. Reflecting on how love, sex and procreation are all intrinsically linked - because that's how God intended it to be.

5

Adult Content

This session looks at 'adult content' in an adult way: asking questions about how it affects people's behaviour, how it affects the way people think about themselves, others and their relationships.

6

STI's

Through distancing techniques, pupils will consider how the reality of STIs connects to deeper questions about sexual choices and consequences, and how to rethink behaviour that causes harm.

7

Coercive Control

Recognising that we are a social species: isolation is not in our nature. Our longing for intimate, exclusive relationships is a beautiful thing, but one that can make us vulnerable.