

## St Mary's PSHE Overview 2024-25

<b>PSHE Ten Ten</b>	<ul style="list-style-type: none"> <li>• Building Relationships</li> <li>• Asking for help</li> <li>• Showing awareness of similarities and differences</li> <li>• Growth Mindset</li> <li>• Identifying Risks</li> <li>• Keeping Healthy</li> <li>• How to take care of our bodies</li> <li>• Name emotions</li> <li>• Show empathy</li> <li>• Regulate emotions</li> </ul>	<ul style="list-style-type: none"> <li>• Let the children come</li> <li>• God loves you</li> <li>• Special people</li> <li>• Treat others well and say sorry</li> <li>• Being safe</li> <li>• Good and bad secrets</li> <li>• Physical contact</li> <li>• Harmful substances</li> <li>• Can you help me? Part 1 &amp;2</li> <li>• Three in One</li> <li>• Who is my neighbour?</li> </ul> <p>The communities we live in</p>	<ul style="list-style-type: none"> <li>• Let the children come</li> <li>• I am unique</li> <li>• Girls and Boys</li> <li>• Clean and healthy (my body)</li> <li>• Feelings, likes and dislikes</li> <li>• Feeling inside out</li> <li>• Super Susie gets angry</li> <li>• The cycle of life</li> <li>• Three in One</li> <li>• Who is my neighbour?</li> </ul> <p>The communities we live in</p>	<ul style="list-style-type: none"> <li>• Get up!</li> <li>• The Sacraments</li> <li>• Jesus, my friend</li> <li>• Friends, families and others....</li> <li>• When things feel bad</li> <li>• Sharing online</li> <li>• Chatting online</li> <li>• Safe in my body</li> <li>• Drugs, alcohol, tobacco</li> <li>• First Aid heroes</li> <li>• A community in love</li> <li>• What is church</li> <li>• How do I love others?</li> </ul>	<ul style="list-style-type: none"> <li>• Get up!</li> <li>• We don't have to be the same</li> <li>• Respecting our bodies</li> <li>• What is puberty?</li> <li>• Changing bodies</li> <li>• Male/female discussion groups (optional)</li> <li>• What am I feeling?</li> <li>• What am I looking at?</li> <li>• I am thankful</li> <li>• Life cycles</li> <li>• A community in love</li> <li>• What is church</li> <li>• How do I love others?</li> </ul>	<ul style="list-style-type: none"> <li>• Calming the storm</li> <li>• Is God calling you?</li> <li>• Under pressure</li> <li>• Do you want a piece of cake?</li> <li>• Self-talk</li> <li>• Sharing isn't always caring</li> <li>• Cyberbullying</li> <li>• Types of abuse</li> <li>• Impacted lifestyles</li> <li>• Making good choices</li> <li>• Giving assistance</li> <li>• The Holy Trinity</li> <li>• Catholic Social Teaching</li> <li>• Reaching out</li> </ul>	<ul style="list-style-type: none"> <li>• Calming the storm</li> <li>• Gifts and talents</li> <li>• Girls' bodies</li> <li>• Boys' bodies</li> <li>• Spots and sleep</li> <li>• Body image</li> <li>• Peculiar feelings</li> <li>• Emotional changes</li> <li>• Seeing stuff online</li> <li>• Making babies (Part 1)</li> <li>• Making babies (Part 2)</li> <li>• Menstruation</li> <li>• Build others up</li> <li>• The Holy Trinity</li> <li>• Catholic Social Teaching</li> <li>• Reaching out</li> </ul>
-------------------------	--	---	--	--	--	--	--