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| Module 1: Created and Loved by God |
| Unit 1: Religious Understanding |
| Story Sessions: Calming the Storm NEW for 2020 replacing <i>Kester's Adventures*</i> |
| Unit 2: Me, my body, my health |
| Session 1: Gifts and Talents |
| Session 2: Girls' Bodies |
| Session 3: Boys' Bodies |
| Session 4: Spots and Sleep |
| Unit 3: Emotional well-being |
| Session 1: Body Image |
| Session 2: Peculiar Feelings |
| Session 3: Emotional Changes |
| Session 4: Seeing Stuff Online |
| Unit 4: Life cycles |
| Session 1: Making Babies Pt1 |
| Session 2: Making Babies Pt2 <i>*Optional. See your Programme Coordinator</i> |
| Session 3: Menstruation |
| Module 2: Created to Love Others |
| Unit 1: Religious Understanding |
| Session 1: Is God Calling You? |
| Unit 2: Personal Relationships |
| Session 1: Under Pressure |
| Session 2: Do You Want a Piece of Cake? |
| Session 3: Self-Talk |
| Unit 3: Keeping Safe |
| Session 1: Sharing Isn't Always Caring |
| Session 2: Cyberbullying |
| Session 3: Types of Abuse |
| Session 4: Impacted Lifestyles <i>*NEW for 2020*</i> |
| Session 5: Making Good Choices <i>*NEW for 2020*</i> |
| Module 3: Created to Live in Community |
| Unit 1: Religious Understanding |
| Session 1: The Trinity <i>*UPDATED for 2020*</i> |
| Session 2: Catholic Social Teaching |
| Unit 2: Living in the Wider World |
| Session 1: Reaching Out |