

■ Physical

Learning intention To recognise how I am cared for and kept safe in my family.

Introduction and content

Pope Francis teaches that truly Christian families are known by their fidelity, the patience, their openness to life, and their respect for the elderly... the secret to this is the presence of Jesus in the family. Let us therefore propose to all people, with respect and courage, the beauty of marriage and the family illuminated by the Gospel! And in order to do this let us approach with care and affection those families who are struggling, forced to leave their homeland, broken, homeless or unemployed, or suffering for any reason; let us approach married couples in crisis, separated. Let us be close to everyone through the proclamation of this Gospel of the family, the beauty of the family.

We recognise that all families no matter how they are made up are different and that members of our families are individual people. We must also understand how to respect each other's differences and celebrate how individuals are similar in some ways and different in many ways from one another.

Characteristics of keeping safe

- Knowing how to maintain personal hygiene, keep healthy and stay safe.
 - Being treated with respect, showing respect to others, setting appropriate boundaries, realising that each person's body is their own, privacy and its implications for both pupils and adults, safe contact, awareness of the difference between appropriate or unsafe or other contact.
 - Knowing the difference between good and bad secrets and simple rules for resisting pressure when feeling unsafe or uncomfortable, and seeking and giving permission in relationships.
 - Knowing about rules and age restrictions that keep us safe and the people who have responsibility it is to keep us safe e.g. parents/carers/teachers/extended family members/police/ life guards etc
- Knowing the basic rules of keeping safe online when using digital devices.

*"Protect your families.
Be sanctuaries of respect
for life."*

Pope Francis