

Sexual health week

Monday 'Meaning'

This week's **Sacred Time** theme is 'Sexual health week'.

This is an opportunity for us to explore what sexual health is and to ask questions if we are unsure about anything.

What do you think this theme is about?



'Try it' Tuesday

Each week for 'Try it' Tuesday, we will get an opportunity to put sacred time into action and be the 'Good Samaritan'. It will also be a chance to have a personal pause. **This week** let's think of all the relationships we have. Relationships we have with friends, parents etc.

Tuesday 'Talks'

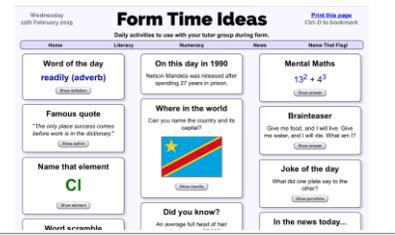


This week's **Sacred Time** theme is 'New year, new beginnings'. Sexual health about is not just about sex. Sexual health includes things like healthy relationships, sexuality, consent and personal hygiene.

Consent is giving someone a choice about touch or actions and respecting their answer. Watch this [video](#) to find out more. 

A **healthy relationship** means that both you and your partner are: Communicating: You talk openly about problems, listen to each other and respect each other's opinions. Respectful: You value each other as you are. You respect each other's emotional, digital and sexual boundaries. Watch this [video](#) to find out more. 

Personal pause – reflect on what other parts of our lives we are asked for consent? Why do we ask for consent? What should happen if someone changes their mind? This is an opportunity to discuss with one another.



Wednesday 'Words of Wisdom'



This week's theme on 'Sexual health week' scripture link is a Ten Commandment. These are found in the Bible in Exodus, but also are part of the 613 Jewish Mitzvots that can be found in the Torah. It states...

"Do not commit adultery."

This shows the it is morally wrong to cheat on your partner. The Catholic Church teaches that sex should take place within marriage. This is because it allows the husband and wife to take part in God's creative plan. It is also an expression of love. What are you thought on this teaching?

Read today's specific Bible reading [HERE](#).



Thursday 'Thoughtfulness'



Our thoughtfulness for today is a blessing:

May the God who created a world of diversity and vibrancy,

Go with us as we embrace life in all its fullness.

May the Son who teaches us to care for stranger and foreigners,

Go with us as we try to be good neighbours in our communities.

May the Spirit who breaks down our barriers and celebrates community,

Go with us as we find the courage to create a place of welcome for all.

Listen to the BBC Radio 4 'Thought for the Day' [HERE](#).



'Find out' Friday



What is happening in the world around us? **Watch** Newsround to find out more [HERE](#).



Key questions

What is happening in your world?

What is happening in St Helens and our local area?

Can we relate our theme this week to what is going on in the world?

Can we do anything to help any issues that our facing the world this week?

Should we help?



Our **cultural capital** link this week is the **9/ 11** anniversary at the weekend. September 11 attacks, also called 9/11 attacks, series of airline hijackings and suicide attacks committed in 2001 by 19 militants associated with the Islamic extremist group al-Qaeda against targets in the United States, the deadliest terrorist attacks on American soil in U.S. history.

Form activity

Come up with a slogan for St Cuthbert's and LGBT+ that shows we are inclusive. Share this in the SACRED ROOM google classroom.

