



Alive to the World's approach to Relationships & Health Education

www.alivetotheworld.co.uk

Alive to the World provides primary schools with a Relationships & Health Education programme which fulfils the requirements of the UK Government's English guidance while at the same time promoting the core values which support traditional marriage and family. Our resources are not religious so that they appeal to teachers and children from any background. We currently have resources for Years 1 – 8.

The values taught in Alive to the World are not new, but have been universally respected since time immemorial, such as honesty, generosity, responsibility, gratitude, humility, grit and self-control. Putting them into regular practice helps virtues become habits which in turn inspire aspiration. Families are encouraged to support their children's learning throughout.

Good behaviour is caught but can be taught in the classroom provided children want to learn. We catch their imagination through storytelling, creating a virtual world in which the children recognise themselves. Through the many scenarios presented to them in the stories and activities, they learn to want to act well and to strengthen their willpower in doing so.

We believe that all children, even the most battered in spirit, are by nature idealistic. They respond positively when others place their faith in them, and life is given meaning. Alive to the World uses the Golden Rule to help pupils be attentive to each other and to grow in their understanding that each person is both unique and longing to belong. Our most distinct characteristic is as boy or girl, man or woman. The extensive teacher guides explain the anthropology on which each lesson is based.

Many RHE lessons are negative in tone, presenting children with the consequences of poor behaviour. Alive to the World sets difficulties within a positive framework which attract all children, showing that saying sorry and beginning again is more important than never failing. We never ask children to speak in public about what is private or embarrass children by speaking about family relationships which might be painful to them. In the storybooks we put before them the norm of married families to which all can aspire.

Alive to the World shows how human beings work at the levels of spirit, mind, body and emotions and how we are all affected by the people around us. Health issues are well covered, including: mental well-being, the importance of exercise, healthy eating, dental health, personal hygiene, sleep and the external changes which accompany puberty. Parents are encouraged to explain sexuality in the privacy of home, with a [guide](#) to help them. This can also be a useful resource for teachers.

By showing children how to harmonise their responses to life at all levels, they learn to become well-coordinated young people with much to contribute at school, at home (in their present and in their future families), and in the community, ready to enjoy life to the full and to become active and productive citizens.