









Curriculum maps with Christian and school ethos links

Subject: Religious Studies




Year: KS3

Topics and links	Autumn term	Spring term	Summer term			
Year 7	<u>Exodus</u> Slavery Moses and Exodus Commandments and rules		<u>Jesus</u> Evidence Life (baptism / temptation) Miracles / prayer Images		<u>Hinduism</u> Samsara and Moksha Karma Deities / Brahman Varna	
Year 8	<u>Jewish life</u> Mitzvot Prophets Festivals and celebrations		<u>Islam beliefs and media</u> Muhammad & the Qur'an Sunni / Shia Risallah and Tawhid Media		<u>Buddhism</u> Life of the Buddha Dharma Eightfold path	
Year 9	<u>Non Religious Worldviews and Leading a Good Life (Ethics)</u> Reasons why some do not believe in God/gods Atheism Ancient Greek Influences Humanism & Funerals Ethics		<u>WWJD</u> Parables Resurrection Pentecost Denominations	<u>Buddhism in action</u> Mahayana / Theravada / Vinayana Sangha People in action		
Links with values Christian ethos						
Sexey's seven	<ol style="list-style-type: none"> 1. Courage: To be brave even when things are difficult. 2. Forgiveness: To not hold something against another person, to not hold grudges, to move on. 3. Honesty: To always tell the truth. 4. Kindness: To put someone else before yourself, to do something that may make someone's day or life better. 5. Respect: Treating others as we would want to be treated ourselves. 6. Empathy: To understand how another person may be feeling. 7. Resilience: An inner strength that means you keep trying and don't give up. 					

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Year: 7

Topics and links	Autumn Term	Spring	Summer
	<p>Exodus Slavery Moses and Exodus Commandments and rules</p> 	<p>Jesus Evidence Life (baptism / temptation) Miracles / prayer Images</p> 	<p>Hinduism Samsara and Moksha Karma Deities / Brahman Varna</p> 
Links with values Christian ethos	<p>Exodus</p> <p>Slavery 6. Empathy – thinking how the slaves in the Biblical story would have felt 7. Resilience – considering the mental strength someone in slavery would need</p> <p>Moses and Exodus 1. Courage – Bravery shown by Moses in helping the Hebrews 2. Forgiveness – Importance of forgiving those who have harmed us with reference to Hebrews & Egyptians 4. Kindness – importance of showing kindness to all people, regardless of background</p> <p>Commandments and rules 3. Honesty – as outlined in commandments 5. Respect – as outlined in commandments</p>	<p>Jesus</p> <p>Evidence 5. Respect – Looking at evidence of Jesus’ existence whilst maintaining respect for all beliefs – and understanding Jesus’ Golden Rule Life (baptism / temptation) 4. Kindness – Considering the acts of kindness and love in Jesus’ life as a potential example 7. Resilience – Strength needed by Jesus when being tempted / tried / crucified 1. Courage - going against the grain, pushing boundaries, suffering for a considered greater good 2. Forgiveness – Jesus’ words on the cross ‘forgive them father for they know not what they do’ and relevant message in modern life. Miracles / prayer 6. Empathy – considering acts of miracles and prayer and the effect they may have on a person Images 3. Honesty in and through religious art</p>	<p>Hinduism</p> <p>Samsara and Moksha 5. Respect – considering a world view different from our own and maintaining respect for it 6. Empathy – Considering how it might feel to believe in Samsara & Moksha & linking to own beliefs 7. Resilience – concept of continual rebirth and resilience needed to live with this belief Karma 3. Honesty – importance of honesty & actions having consequences 4. Kindness – an integral part of behaving in a way that will produce good karma Deities / Brahman 2. Forgiveness – Brahman as the root of consciousness and as having attributes such as forgiveness Varna 1. Courage – Courage needed to either accept your ‘lot’ in life or to try and affect change despite it.</p>
Sexey’s seven	<ol style="list-style-type: none"> Courage: To be brave even when things are difficult. Forgiveness: To not hold something against another person, to not hold grudges, to move on. Honesty: To always tell the truth. Kindness: To put someone else before yourself, to do something that may make someone’s day or life better. Respect: Treating others as we would want to be treated ourselves. Empathy: To understand how another person may be feeling. Resilience: An inner strength that means you keep trying and don’t give up. 		

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Year: 8

Topics and links	Autumn Term	Spring	Summer
	<p><u>Jewish life</u></p> <p>Mitzvot Prophets Festivals and celebrations</p> 	<p><u>Islam beliefs and media</u></p> <p>Muhammad & the Qur'an Sunni / Shia Risallah and Tawhid Media</p> 	<p><u>Buddhism</u></p> <p>Life of the Buddha Dharma Eightfold path</p> 
<p>Links with values Christian ethos</p>	<p style="text-align: center;"><u>Jewish life</u></p> <p>Mitzvot 3 <i>Honesty</i> – key tenet of commandments 5. <i>Respect</i> – understanding the need to respect the Jewish law, including food laws</p> <p>Prophets 1. <i>Courage</i> – The courage Abraham had to listen to God 2 <i>Forgiveness</i> – understanding forgiveness from a human and divine perspective 7. <i>Resilience</i> – consider the resilience Abraham had to have to continue to listen to God's wishes</p> <p>Festivals and celebrations 4. <i>Kindness</i> – as shown in various acts within celebrations and festivals to mark important events 6. <i>Empathy</i> – learning about festivals and celebrations and having empathy for their religious significance</p>	<p style="text-align: center;"><u>Islam beliefs and media</u></p> <p>Muhammad & the Qur'an 4. <i>Kindness</i> – Islam as a religion of 'peace' and 'submission' 1. <i>Courage</i> – <i>Courage to follow God's literal word and speak up for it (as per Muhammad & Qur'an)</i></p> <p>Sunni / Shia 5. <i>Respect</i> – respect needed to understand a different religious viewpoint 7. <i>Resilience</i> – strength of character to maintain belief system in face of adversity 6. <i>Empathy</i> – considering of another's view, despite it not being your own – ability to see the other side</p> <p>Risallah and Tawhid 5. <i>Respect</i> – belief in the message & oneness of God</p> <p>Media 3. <i>Honesty</i> – importance of being honest in a world (media) where dishonesty often reigns 2. <i>Forgiveness</i> – of those who are dishonest in their portrayal of others</p>	<p style="text-align: center;"><u>Buddhism</u></p> <p>Life of the Buddha 3. <i>Honesty</i> – importance of being true to oneself</p> <p>Dharma 1 <i>Courage</i> – the nature of the universe and the courage to see the realities that surround us</p> <p>Eightfold path 1,2,3,4,5,6,7 – Sexey's Seven can be linked to the message and way of each aspect of the Eightfold path (e.g. <u>right mindfulness</u> can translate to Honesty, Courage, Empathy, <u>right effort</u> can translate to Resilience, Courage, Kindness, etc)</p>
<p>Sexey's seven</p>	<ol style="list-style-type: none"> 1. Courage: To be brave even when things are difficult. 2. Forgiveness: To not hold something against another person, to not hold grudges, to move on. 3. Honesty: To always tell the truth. 4. Kindness: To put someone else before yourself, to do something that may make someone's day or life better. 5. Respect: Treating others as we would want to be treated ourselves. 6. Empathy: To understand how another person may be feeling. 7. Resilience: An inner strength that means you keep trying and don't give up. 		

Curriculum maps with Christian and school ethos links:

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Year: 9

Topics and links	Autumn Term	Spring	Summer
<p>Links with values Christian ethos</p>	<p>NON RELIGIOUS WORLDVIEWS & LEADING A GOOD LIFE (Ethics) Reasons why some do not believe in God/gods Atheism Ancient Greek Influences Humanism & Funerals Ethics</p> <p>Human rights Reasons why some do not believe in God/gods 1 Courage – To try to understand other views that may be very different to your own. 5. Respect – considering that some may strongly disagree with your own religious viewpoints and how you respond to challenges Ancient Greek Influences 1 Courage – to engage with new ideas and vocabulary 7. Resilience – the strength to continue in despite some of the concepts being a challengee Humanism and Funerals 3. Honesty – courage to be honest and acknowledge that all life has a beginning and and an end 4. Kindness – acts of kindness during the process of death, dying and funerals. 6. Empathy – ability to empathise despite difficult circumstances Ethics 1,2,3,4,5,6,7 – ALL SEXEY’S SEVEN – ethics helps us to understand how we can live a good life based on different types of ethical approaches. Many approaches can link with Christian viewpoints</p>	<p>WWJD Parables Resurrection Pentecost Denominations</p> <p>WWJD Parables 1,2,3,4,5,6,7: ALL SEXEY’S SEVEN – the ministry of Jesus and in particular the parables were specifically about teaching the values that are included in the Sexey’s Seven Core Values. These are all encompassed in the teaching of this unit. Resurrection 1. Courage – Christian belief in the courage of Jesus in pursuit of human salvation Pentecost 4. Kindness – the concept of the Holy Spirit descending Denominations 5. Respect – the Golden Rule – treat other belief systems with respect, as you would wish them to treat yours, whilst allowing for questions.</p>	<p>Buddhism in action Mahayana / Theravada / Vinayana Sangha People in action</p> <p>Buddhism in action Mahayana / Theravada / Vinayana 5. Respect – respect needed to understand a different religious viewpoint 7. Resilience – strength of character to maintain belief system in face of adversity 6. Empathy – considering of another’s view, despite it not being your own – ability to see the other side Sangha 1,2,3,4,5,6,7 – Sexey’s Seven can be linked to the message and way of each aspect of the Dharma (e.g. <u>right mindfulness</u> can translate to Honesty, Courage, Empathy, <u>right effort</u> can translate to Resilience, Courage, Kindness, etc) People in action 1. Courage: act in a way which improves the world even when it is difficult 4. Kindness; use Metta to act in a compassionate way 5. Respect: understand that others have different view and work to compromise</p>
<p>Sexey’s seven</p>	<ol style="list-style-type: none"> 1. Courage: To be brave even when things are difficult. 2. Forgiveness: To not hold something against another person, to not hold grudges, to move on. 3. Honesty: To always tell the truth. 4. Kindness: To put someone else before yourself, to do something that may make someone’s day or life better. 5. Respect: Treating others as we would want to be treated ourselves. 6. Empathy: To understand how another person may be feeling. 7. Resilience: An inner strength that means you keep trying and don’t give up. 		

Curriculum maps with Christian and school ethos links

Subject: Religious Studies





Year: Key Stage 4

Topics and links	Autumn term	Spring term	Summer term
Year 10	Introduction to the Course Component 2: Christianity Beliefs, teachings and Practice 	Component 1: Religious, Philosophical and Ethics Studies in the Modern World Issues of Relationships Theme 1 Issues of Good and Evil Theme 3  	Component 3: Study of a World Faith – Islam Beliefs and Teachings 
Year 11	Component 3: Study of a World Faith – Islam - Practices Component 1: Issues of life and Death Theme 2  	Component 1: Issues of Human Rights Theme 4  	Revision and exam practice
Year 10 core	Using The Island; The sanctity of life Cloning and medical ethics What is a person?  	Using Suffragette; Human rights, the rights of women Religion and women Does voting change anything?  	Using Dead Man walking: How should we treat criminals? Looking at Stephen Lawrence case on racist behaviour Debate on the death penalty  
Year 11 core	Using Blood Diamond; Child soldiers, Exploitation of the 3rd world Just war Ethical shopping  	Using Gattaca; Genetic modification Discrimination Abortion and Euthanasia  	Using Selma; Discrimination, Civil rights, Religion and equality  
Sexey's seven	<ol style="list-style-type: none"> 8. Courage: To be brave even when things are difficult. 9. Forgiveness: To not hold something against another person, to not hold grudges, to move on. 10. Honesty: To always tell the truth. 11. Kindness: To put someone else before yourself, to do something that may make someone's day or life better. 12. Respect: Treating others as we would want to be treated ourselves. 13. Empathy: To understand how another person may be feeling. 14. Resilience: An inner strength that means you keep trying and don't give up. 		

Curriculum maps with Christian and school ethos links:

Subject: Religious Education

Year: 10



Topics and links	Autumn Term	Spring	Summer
	<p>Introduction to the Course</p> <p>Component 2: Christianity Beliefs, Teachings and Practice</p> 	<p>Component 1: Religious, Philosophical and Ethics Studies in the Modern World Issues of Relationships Theme 1 Issues of Good and Evil Theme 3</p>  	<p>Component 3:</p> <p>Study of a World Faith – Islam Beliefs and Teachings</p> 
<p>Links with values Christian ethos</p>	<p>Introduction to the Course: 6 Empathy Develops knowledge and understanding of religions and non-religious worldview 7 Resilience Develops ability to construct well – argued, well-informed arguments 1 Courage Challenges learners to reflect in and develop their own values, beliefs and attitudes 5 Respect prepares learners for adult life in a pluralistic society and global community</p> <p>Component 2: Christianity Beliefs, Nature of God 5 Respect 6 Empathy <i>Understanding how Christians make sense of God</i> Creation 1 Courage 4 Kindness The literal and non-literal interpretation of the Bible, understanding that Jesus faced persecution but showed kindness through agapeic love Jesus 6 Empathy and 7 Resilience The ability to understand the incarnation, crucifixion and resurrection of Jesus and his resilience in the face of his death Salvation 2 Forgiveness Understanding the nature of forgiveness and comprehend the nature of sin</p>	<p>Component 1: Religious, Philosophical and Ethics Studies in the Modern World Issues of Relationships Relationships 2 Forgiveness 4 Kindness 5 Respect 6 Empathy – understanding the love and companionship between members of families of all types in modern times. Acknowledging relationships can go wrong and showing compassion, as Jesus taught 7 Resilience being aware that relationships can be challenging Sexual Relationships 5 Respect showing respect for each other in a sexual relationship of any kind, putting into practice the teachings of Jesus 1 Courage being aware that saying ‘no’ can be difficult</p> <p>Issues of Good and Evil Crime and Punishment 6 Empathy 2 Forgiveness 4 Kindness To understand the reasons why people do wrong and avoid judgements without knowing the full story. To show how the work of Elizabeth Fry links to the Sexey’s 7 1 Courage Using the example of Gee Walker to acknowledge forgiveness is challenging</p>	<p>Component 3: Study of a World Faith – Islam Beliefs and Teachings Nature of Allah 5 Respect 6 Empathy <i>Understanding how Muslims make sense of God</i> Prophet hood (Risalah) Respect – belief in the message & oneness of God Angels (Malaikah) 6 Empathy 1 Courage understanding the message of the prophets and their significance to Muslims. Being courageous in accepting the message of the prophets. Akirah (Afterlife) 4 Kindness Understanding and consideration of people who may find this topic distressing Foundations of Faith 6 Empathy 5 Respect 1 Courage being able develop an understanding of Muslim key beliefs and acknowledge they may be different from our own</p>

	<p>Afterlife 4 Kindness Understanding and consideration of people who may find this topic distressing</p> <p>Teachings and Practices</p> <p>Forms of Worship 1 Courage 6 Empathy understanding why Christians worship in many ways and being brave to put yourself in other people's shoes</p> <p>Sacraments 5 Respect 4 Kindness Understanding that different Christians have different views on the nature of sacrament</p> <p>Pilgrimage 1 Courage -pilgrimage is a challenge 7 Resilience – to carry on when faced with personal difficulties</p> <p>Church in the Local Community 4 Kindness- appreciating that the church community puts others before themselves</p> <p>The Worldwide Church 5 Courage – to be able to overcome challenges when evangelising and taking part in Church mission</p> <p>4 Kindness and 6 Empathy – putting Christian beliefs in action</p> <p>2 Forgiveness 1 Courage Courage of persecuted Christians past and present and the ability to forgive persecutors</p>	<p>Forgiveness 2 Forgiveness through study of the Parable of the Sheep and the Goats and how this illustrates the teachings of Jesus and application to individual lives</p> <p>Good, Evil and Suffering 1 Courage 7 Resilience to be courageous when things go wrong in our lives and showing that difficult situations can be overcome</p>	
<p>Sexey's seven</p>	<ol style="list-style-type: none"> 8. Courage: To be brave even when things are difficult. 9. Forgiveness: To not hold something against another person, to not hold grudges, to move on. 10. Honesty: To always tell the truth. 11. Kindness: To put someone else before yourself, to do something that may make someone's day or life better. 12. Respect: Treating others as we would want to be treated ourselves. 13. Empathy: To understand how another person may be feeling. 14. Resilience: An inner strength that means you keep trying and don't give up. 		

Curriculum maps with Christian and school ethos links:

Subject: Religious Education

Year: 11




Topics and links	Autumn Term	Spring	Summer
	<p>Component 3: Study of a World Faith – Islam - Practices</p> <p>Component 1: Issues of Life and Death Theme 2</p> 	<p>Component 1: Issues of Human Rights Theme 4</p> 	Revision and exam practice
<p>Links with values Christian ethos</p>	<p>Component 3: Study of a World Faith – Islam - Practices Islam Practices The Five Pillars of Sunni Islam: In Britain and elsewhere Sunni / Shia 5. Respect – respect needed to understand a different religious viewpoint 7. Resilience – strength of character to maintain belief system in face of adversity 6. Empathy – considering of another’s view, despite it not being your own – ability to see the other side Ten Obligatory Acts of Shi’a Islam: Practices in Britain and elsewhere Respect – respect needed to understand a different religious viewpoint 7. Resilience – strength of character to maintain belief system in face of adversity 6. Empathy – considering of another’s view, despite it not being your own – ability to see the other side Festivals and Celebrations-in Britain and elsewhere 1 Courage -to acknowledge Hajj is a challenging and arduous undertaking 7 Resilience – to carry on when faced with personal difficulties 6 Empathy 4 Kindness considering the joy, happiness and remembrance felt by Muslims as they take part in celebrations and festivals</p>	<p>Component 1: Issues of Human Rights and Social Justice 5 Respect For the dignity of all human life and the agapeic love shown by Jesus for all and the law of a country 1 Courage – Courage to stand up for others due to a personal conviction 2 Forgiveness – Considering the possibility of forgiving the perpetrators for such acts of atrocity 7. Resilience – the strength to continue in horrific circumstances Prejudice & Discrimination 5 Respect 7 Resilience 6 Empathy shown to all people as noted by St Paul in Galatians 3:27-29 All Sexey’s Seven shown by the work of Martin Luther King Jr in his teachings of equality, racial prejudice and discrimination Issues of Poverty and Wealth 3 Honesty 4 Kindness in how to earn a living and use of wealth 5 Respect 6 Empathy illustrated by the actions of Christian charities in C21st in their mission to alleviate poverty</p>	<p>Revision and exam practice</p> <p>Exams start Early May</p>

	<p>Component 1: Issues of Life and Death Theme 2 Environment 5 Respect For other people’s opinions regarding cosmology which may differ from you own 4. Kindness 7. Resilience 1.Courage to show kindness to God’s creation and stand up for own beliefs about stewardship in face of opposition Sanctity of Life 3. Honesty, 3. Kindness, 5 Respect, 6. Empathy understanding of how different people and religions understand the intrinsic value of human life and when it begins Abortion & Euthanasia 1 Courage, 2. Forgiveness, 4 Kindness 5. Respect, 6 Empathy 7. Resilience All Sexey’s Seven apply to these challenging topics which can be very difficult to discuss, debate and think about The Soul and the Afterlife 5. Respect, 4. Kindness, 6. Empathy to consider and respect other religion’s viewpoint and understand this can be different from your own</p>		
Sexey’s seven	<p>8. Courage: To be brave even when things are difficult. 9. Forgiveness: To not hold something against another person, to not hold grudges, to move on. 10. Honesty: To always tell the truth. 11. Kindness: To put someone else before yourself, to do something that may make someone’s day or life better. 12. Respect: Treating others as we would want to be treated ourselves. 13. Empathy: To understand how another person may be feeling. 14. Resilience: An inner strength that means you keep trying and don’t give up.</p>		

Curriculum maps with Christian and school ethos links:

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Year: 10 core

Topics and links	Autumn Term	Spring	Summer
	<p>Using The Island; The sanctity of life Cloning and medical ethics What is a person?</p> 	<p>Using Suffragette; Human rights, the rights of women Religion and women Does voting change anything?</p> 	<p>Using Dead Man walking: How should we treat criminals? Looking at Stephen Lawrence case on racist behaviour Debate on the death penalty</p> 
Links with values Christian ethos	<p>Using The Island;</p> <p>The sanctity of life <i>5 Respect:</i> For the dignity of all human life and the agapeic love shown by Jesus for all people</p> <p>Cloning and medical ethics <i>6 Empathy:</i> To understand how another person may be feeling with regard to stem cell research and cloning. <i>4 Kindness:</i> understand that Buddhism and Christianity see life starting at conception, that using stem cells is sometimes against the teachings of these groups.</p> <p>What is a person? <i>5 Respect: 7 Resilience: 6 Empathy:</i> shown to all people as noted by St Paul in Galatians 3:27-29 <i>1 Courage:</i> confidence to stand up for others due to a personal conviction.</p>	<p>Using Suffragette;</p> <p>Human rights, the rights of women <i>1 Courage: 7 Resilience: 5 Respect:</i> the fight for equality is central to the teachings of all religions. All <i>Sexey's Seven</i> shown by the work of Emmaline Pankhurst and the sacrifice of Emily Wildman in the suffragette teachings of equality, prejudice and discrimination</p> <p>Religion and women <i>2 Forgiveness:</i> women have been treated as second class and still are in some places, some of this stems from religious teachings. The letters of St Paul for example</p> <p>Does voting change anything? <i>1 Courage: 3 Honesty: 5 Respect: 7 Resilience:</i> see how voting can make a difference, equal pay act, human rights act etc. The Anglican Synod voted to allow female vicars in 1994</p>	<p>Using Dead Man walking:</p> <p>How should we treat criminals? <i>2 Forgiveness: 3 Honesty: 6 Empathy:</i> Jesus said we should forgive "seventy times seven" parable of the unforgiven servant. We should dislike the crime and try to help the criminal.</p> <p>Looking at Stephen Lawrence case on racist behaviour <i>5 Respect: 7 Resilience: 6 Empathy:</i> shown to all people as noted by St Paul in Galatians 3:27-29 All <i>Sexey's Seven</i> shown by the work of Martin Luther King Jr in his teachings of equality, racial prejudice and discrimination</p> <p>Debate on the death penalty <i>1 Courage: 2 Forgiveness: 5 Respect: 6 Empathy:</i> Jesus forgive his killers, he said that we all make mistakes, "he who has no sin", the paralysed man story.</p>
Sexey's seven	<ol style="list-style-type: none"> 8. Courage: To be brave even when things are difficult. 9. Forgiveness: To not hold something against another person, to not hold grudges, to move on. 10. Honesty: To always tell the truth. 11. Kindness: To put someone else before yourself, to do something that may make someone's day or life better. 12. Respect: Treating others as we would want to be treated ourselves. 13. Empathy: To understand how another person may be feeling. 14. Resilience: An inner strength that means you keep trying and don't give up. 		

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Year: 11 core

Topics and links	Autumn Term	Spring	Summer
	<p>Using Blood Diamond; Child soldiers, Exploitation of the 3rd world Just war Ethical shopping</p> 	<p>Using Gattaca; Genetic modification Discrimination Abortion and Euthanasia</p> 	<p>Using Selma; Discrimination, Civil rights, Religion and equality</p> 
<p>Links with values Christian ethos</p>	<p>Using Blood Diamond; Child soldiers, <i>1 Courage</i> – Courage R to attempt to protect people from terrorism <i>2 Forgiveness</i> – Considering the possibility of forgiving the perpetrators for such acts of atrocity <i>7 Resilience</i> – the strength to continue in horrific circumstances</p> <p>Exploitation of the 3rd world <i>4 Kindness: 5 Respect:</i> focus on the Kimberley process and other fair trade methods to help lessen the exploitation.</p> <p>Just war <i>1 Courage: 6 Empathy: 5 Respect:</i> see how the just war principles have developed over time. Link to the examples shown in the film.</p>	<p>Using Gattaca; Genetic modification, <i>6 Empathy:</i> To understand how another person may be feeling with regard to stem cell research and cloning. <i>4 Kindness:</i> understand that Buddhism and Christianity see life starting at conception, that using stem cells is sometimes against the teachings of these groups. Discrimination <i>5 Respect 7 Resilience 6 Empathy</i> shown to all people as noted by St Paul in Galatians 3:27-29 Abortion and Euthanasia <i>5 Respect: 3 Honesty: 4 Kindness: 5 Respect: 6. Empathy:</i> For other people’s opinions regarding sanctity of life which may differ from you own understanding of how different people and religions understand the intrinsic value of human life and when it begins <i>1 Courage, 2. Forgiveness, 4 Kindness 5. Respect, 6 Empathy 7. Resilience</i> All Sexey’s Seven apply to these challenging topics which can be very difficult to discuss, debate and think about</p>	<p>Using Selma; Discrimination, <i>5 Respect 7 Resilience 6 Empathy</i> shown to all people as noted by St Paul in Galatians 3:27-29</p> <p>All <i>Sexey’s Seven</i> shown by the work of Martin Luther King Jr in his teachings of equality, racial prejudice and discrimination</p>
<p>Sexey’s seven</p>	<ol style="list-style-type: none"> 1. Courage: To be brave even when things are difficult. 2. Forgiveness: To not hold something against another person, to not hold grudges, to move on. 3. Honesty: To always tell the truth. 4. Kindness: To put someone else before yourself, to do something that may make someone’s day or life better. 5. Respect: Treating others as we would want to be treated ourselves. 6. Empathy: To understand how another person may be feeling. 7. Resilience: An inner strength that means you keep trying and don’t give up. 		