

# RSHE Yearly Overview

Lessons covered through PSHE

## EYFS

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
Parent Consultation  Parent Session  Online Parent Portal	<p style="text-align: center;"><b>Lesson 1</b> Handmade with Love</p> <p style="text-align: center; color: red;">We are created individually by God as part of His creation plan</p> <p style="text-align: center;"><b>Lesson 2</b> I am Me</p> <p style="text-align: center; color: red;">We are each unique, with individual gifts, talents and skills.</p> <p style="text-align: center;"><b>Lesson 3</b> Heads, Shoulder Knees and Toes</p> <p style="text-align: center; color: red;">The names of the parts of the body (not genitalia)</p>	<p style="text-align: center;"><b>Lesson 1</b> I like, you like, we all like</p> <p style="text-align: center; color: red;">That it is natural for us to relate to and trust one another</p> <p style="text-align: center;"><b>Lesson 2</b> Good feeling, Bad feeling</p> <p style="text-align: center; color: red;">An understanding that everyone experiences feelings, both good and bad</p> <p style="text-align: center;"><b>Lesson 3</b> Let's get real</p>	<p style="text-align: center;"><b>Lesson 1</b> Role Model</p> <p style="text-align: center; color: red;">Jesus cared for others and wanted them to live good lives like him</p> <p style="text-align: center;"><b>Lesson 2</b> Who's who?</p> <p style="text-align: center; color: red;">The importance of the nuclear family and of the wider family</p> <p style="text-align: center;"><b>Lesson 3</b> You've Got a Friend in Me</p> <p style="text-align: center; color: red;">How their behaviour affects other</p>	<p style="text-align: center;"><b>Lesson1</b> Safe inside and Out</p> <p style="text-align: center; color: red;">About safe and unsafe situations indoors and outdoors, including online.</p> <p style="text-align: center;"><b>Lesson 2</b> My Body, Mt Rules</p> <p style="text-align: center; color: red;">That they can and should be open with 'special people' they trust if anything troubles them</p>	<p style="text-align: center;"><b>Lesson 1</b> God Is Love</p> <p style="text-align: center; color: red;">That God is love: Father, Son and Holy Spirit</p> <p style="text-align: center;"><b>Lesson 2</b> Loving God Loving others</p> <p style="text-align: center; color: red;">What a community is, and that God calls us to live in community with one another</p> <p style="text-align: center;"><b>Lesson 3</b> Me, You, Us</p> <p style="text-align: center; color: red;">That they belong to various</p>

	<p><b>Lesson 4</b> Ready Teddy? What constitutes a healthy lifestyle, including exercise, diet, sleep and personal hygiene</p>	<p>That we have choices and these choices can impact how we feel and respond. <b>Lesson 4</b> Growing up That there are natural life stages from birth to death, and what these are</p>	<p>people and that there is appropriate and inappropriate behaviour <b>Lesson 4</b> Forever friends To recognise when people are being unkind to them and others and how to respond.</p>	<p><b>Lesson3</b> Feeling Poorly Medicines should only be taken when a parent or doctor gives them to us. <b>Lesson 4</b> People who help us Paramedics help us in a medical emergency.</p>	<p>communities, such as home, school, parish, the wider local area, nation and the global community</p>
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# Year 1

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
Parent Consultation  Parent Session  Online Parent Portal	<p><b>Lesson 1</b> Let the Children Come</p> <p>God wants us to talk to Him often through the day and treat Him as our best friend</p> <p><b>Lesson 2</b> I Am Unique</p> <p>Children will be given the opportunity to reflect on what makes them unique and special</p> <p><b>Lesson 3</b> Girls and Boys</p>	<p><b>Lesson 1</b> Feelings, Likes and Dislikes</p> <p>Children will be given the opportunity to reflect on and articulate their own feelings</p> <p><b>Lesson 2</b> Feeling inside out</p> <p>Children will have a basic understanding that feelings and actions are two different things</p> <p><b>Lesson 3</b></p>	<p><b>Lesson 1</b> God Love You</p> <p>We are part of God's family</p> <p><b>Lesson 2</b> Special People</p> <p>To identify 'special people' (their parents, carers, friends, parish priest) and what makes them special</p> <p><b>Lesson 3</b> Treat Others Well</p> <p>The characteristics of positive and</p>	<p><b>Lesson 1</b> Being Safe</p> <p>To understand safe and unsafe situations, including online.</p> <p><b>Lesson 2</b> Good Secrets and Bad Secrets</p> <p>The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them</p> <p><b>Lesson 3</b></p>	<p><b>Lesson 1</b> That God is Love</p> <p>That God is love: Father, Son and Holy Spirit</p> <p><b>Lesson 2</b> Who is my Neighbour?</p> <p>To know what a community is, and that God calls us to live in community with one another</p> <p><b>Lesson 3</b> The Communities We Live In</p> <p>That they belong to</p>

	<p>The names of the parts of our bodies (including genitalia)</p> <p><b>Lesson 4</b> Clean and Healthy What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating</p>	<p>Super Suzie gets Angry</p> <p>Simple strategies for managing feelings and for good behaviour</p> <p><b>Lesson 4</b> The Cycle of Life Children will know and appreciate that there are natural life stages from birth to death</p>	<p>negative relationships</p> <p><b>Lesson 4</b> ...And say sorry To recognise when they have been unkind and say sorry</p>	<p>Physical Contact To know that they are entitled to bodily privacy</p> <p><b>Lesson 4</b> Harmful Substances Medicines are drugs, but not all drugs are good for us.</p> <p><b>Lesson 5</b> Can You Help Me? They should call 999 in an emergency and ask for ambulance, police and/or fire brigade</p>	<p>various communities such as home, school, parish, the wider local community, nation and global community</p>
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## Year 2

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
Parent Consultation  Parent Session  Online Parent Portal	<p style="text-align: center;"><b>Lesson 1</b> Let the Children Come</p> <p style="text-align: center; color: red;">God wants us to talk to Him often through the day and treat Him as our best friend</p> <p style="text-align: center;"><b>Lesson 2</b> I Am Unique</p> <p style="text-align: center; color: red;">Children will be given the opportunity to reflect on what makes them unique and special</p> <p style="text-align: center;"><b>Lesson 3</b> Girls and Boys</p>	<p style="text-align: center;"><b>Lesson 1</b> Feelings, Likes and Dislikes</p> <p style="text-align: center; color: red;">Children will be given the opportunity to reflect on and articulate their own feelings</p> <p style="text-align: center;"><b>Lesson 2</b> Feeling inside out</p> <p style="text-align: center; color: red;">Children will have a basic understanding that feelings and actions are two different things</p> <p style="text-align: center;">Lesson 3</p>	<p style="text-align: center;"><b>Lesson 1</b> God Love You</p> <p style="text-align: center; color: red;">We are part of God's family</p> <p style="text-align: center;"><b>Lesson 2</b> Special People</p> <p style="text-align: center; color: red;">To identify 'special people' (their parents, carers, friends, parish priest) and what makes them special</p> <p style="text-align: center;"><b>Lesson 3</b> Treat Others Well</p> <p style="text-align: center; color: red;">The characteristics of positive and</p>	<p style="text-align: center;"><b>Lesson 1</b> Being Safe</p> <p style="text-align: center; color: red;">To understand safe and unsafe situations, including online.</p> <p style="text-align: center;"><b>Lesson 2</b> Good Secrets and Bad Secrets</p> <p style="text-align: center; color: red;">The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them</p> <p style="text-align: center;"><b>Lesson 3</b></p>	<p style="text-align: center;"><b>Lesson 1</b> That God is Love</p> <p style="text-align: center; color: red;">That God is love: Father, Son and Holy Spirit</p> <p style="text-align: center;"><b>Lesson 2</b> Who is my Neighbour?</p> <p style="text-align: center; color: red;">To know what a community is, and that God calls us to live in community with one another</p> <p style="text-align: center;"><b>Lesson 3</b> The Communities We Live In</p> <p style="text-align: center; color: red;">That they belong to</p>

	<p>The names of the parts of our bodies (including genitalia)</p> <p><b>Lesson 4</b> Clean and Healthy What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating</p>	<p>Super Suzie gets Angry</p> <p>Simple strategies for managing feelings and for good behaviour</p> <p><b>Lesson 4</b> The Cycle of Life Children will know and appreciate that there are natural life stages from birth to death</p>	<p>negative relationships</p> <p><b>Lesson 4</b> ...And say sorry To recognise when they have been unkind and say sorry</p>	<p>Physical Contact To know that they are entitled to bodily privacy</p> <p><b>Lesson 4</b> Harmful Substances Medicines are drugs, but not all drugs are good for us.</p> <p><b>Lesson 5</b> Can You Help Me? They should call 999 in an emergency and ask for ambulance, police and/or fire brigade</p>	<p>various communities such as home, school, parish, the wider local community, nation and global community</p>
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## Year 3

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
Parent Consultation  Parent Session  Online Parent Portal	<p style="text-align: center;"><b>Lesson 1</b> Get Up</p> <p style="text-align: center; color: red;">Every human life is precious from the beginning of life (conception) to natural death</p> <p style="text-align: center;"><b>Lesson 2</b> The Sacraments</p> <p style="text-align: center; color: red;">That in Baptism God makes us His adopted children and 'receivers' of His love</p> <p style="text-align: center;"><b>Lesson 3</b> We Don't Have to Be the Same</p> <p style="text-align: center; color: red;">Similarities and differences between people</p>	<p style="text-align: center;"><b>Lesson 1</b> What Am I Feeling?</p> <p style="text-align: center; color: red;">That emotions change as they grow up (including hormonal effects)</p> <p style="text-align: center;"><b>Lesson 2</b> What Am I Looking At?</p> <p style="text-align: center; color: red;">To recognise that images in the media do not always reflect reality and can affect how people feel</p>	<p style="text-align: center;"><b>Lesson 1</b> Jesus My Friend</p> <p style="text-align: center; color: red;">That God loves, embraces, guides, forgives and reconciles us with him and one another.</p> <p style="text-align: center;"><b>Lesson 2</b> Friends, family and Others</p> <p style="text-align: center; color: red;">Ways to maintain and develop good, positive, trusting relationships; strategies to use when</p>	<p style="text-align: center;"><b>Lesson 1</b> Sharing Online</p> <p style="text-align: center; color: red;">To recognise that their increasing independence brings increased responsibility to keep themselves and others safe</p> <p style="text-align: center;"><b>Lesson 2</b> Chatting Online</p> <p style="text-align: center; color: red;">How to use technology safely</p> <p style="text-align: center;"><b>Lesson 3</b> Safe in My Body</p> <p style="text-align: center; color: red;">To judge well what kind of</p>	<p style="text-align: center;"><b>Lesson 1</b> A Community of Love</p> <p style="text-align: center; color: red;">God is Love as shown by the Trinity – a 'communion of persons supporting each other in their self-giving relationship'</p> <p style="text-align: center;"><b>Lesson 2</b> What is the Church?</p> <p style="text-align: center; color: red;">The human family can reflect the Holy Trinity in charity and generosity.</p>

	<p>arise as they grow and make choices, and that by living and working together ('teamwork') we create community</p> <p><b>Lesson 4</b> Respecting Our Bodies</p> <p>About the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do.</p>	<p>about themselves.</p> <p><b>Lesson 3</b> I Am Thankful</p> <p>Some behaviour is wrong, unacceptable, unhealthy and risky</p> <p><b>Lesson 4</b> Life Cycles</p> <p>How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception</p>	<p>relationships go wrong</p> <p><b>Lesson 3</b> When things feel Bad</p> <p>Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond.</p>	<p>physical contact is acceptable or unacceptable and how to respond</p> <p><b>Lesson 4</b> Drugs, Alcohol and Tobacco Medicines are drugs, but not all drugs are good for us</p> <p><b>Lesson 5</b> First Aid Heroes</p> <p>In an emergency, it is important to remain calm.</p>	<p><b>Lesson 3</b> How Do I Love Others?</p> <p>To know that God wants His Church to love and care for others</p>
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## Year 4

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
Parent Consultation  Parent Session  Online Parent Portal	<p style="text-align: center;"><b>Lesson 1</b> Get Up</p> <p style="text-align: center; color: red;">Every human life is precious from the beginning of life (conception) to natural death</p> <p style="text-align: center;"><b>Lesson 2</b> The Sacraments</p> <p style="text-align: center; color: red;">That in Baptism God makes us His adopted children and 'receivers' of His love</p> <p style="text-align: center;"><b>Lesson 3</b> We Don't Have to Be the Same</p> <p style="text-align: center; color: red;">Similarities and differences between people</p>	<p style="text-align: center;"><b>Lesson 1</b> What Am I Feeling?</p> <p style="text-align: center; color: red;">That emotions change as they grow up (including hormonal effects)</p> <p style="text-align: center;"><b>Lesson 2</b> What Am I Looking At?</p> <p style="text-align: center; color: red;">To recognise that images in the media do not always reflect reality and can affect how people feel</p>	<p style="text-align: center;"><b>Lesson 1</b> Jesus My Friend</p> <p style="text-align: center; color: red;">That God loves, embraces, guides, forgives and reconciles us with him and one another.</p> <p style="text-align: center;"><b>Lesson 2</b> Friends, family and Others</p> <p style="text-align: center; color: red;">Ways to maintain and develop good, positive, trusting relationships; strategies to use when</p>	<p style="text-align: center;"><b>Lesson 1</b> Sharing Online</p> <p style="text-align: center; color: red;">To recognise that their increasing independence brings increased responsibility to keep themselves and others safe</p> <p style="text-align: center;"><b>Lesson 2</b> Chatting Online</p> <p style="text-align: center; color: red;">How to use technology safely</p> <p style="text-align: center;"><b>Lesson 3</b> Safe in My Body</p> <p style="text-align: center; color: red;">To judge well what kind of</p>	<p style="text-align: center;"><b>Lesson 1</b> A Community of Love</p> <p style="text-align: center; color: red;">God is Love as shown by the Trinity – a 'communion of persons supporting each other in their self-giving relationship'</p> <p style="text-align: center;"><b>Lesson 2</b> What is the Church?</p> <p style="text-align: center; color: red;">The human family can reflect the Holy Trinity in charity and generosity.</p>

	<p>arise as they grow and make choices, and that by living and working together ('teamwork') we create community</p> <p><b>Lesson 4</b> Respecting Our Bodies</p> <p>About the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do.</p> <p><b>Lesson 5</b> What is Puberty? Learn when they can expect puberty to take place</p> <p><b>Lesson 6</b> Changing Bodies</p>	<p>about themselves.</p> <p><b>Lesson 3</b> I Am Thankful Some behaviour is wrong, unacceptable, unhealthy and risky</p> <p><b>Lesson 4</b> Life Cycles How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception</p>	<p>relationships go wrong</p> <p><b>Lesson 3</b> When things feel Bad Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond.</p>	<p>physical contact is acceptable or unacceptable and how to respond</p> <p><b>Lesson 4</b> Drugs, Alcohol and Tobacco Medicines are drugs, but not all drugs are good for us</p> <p><b>Lesson 5</b> First Aid Heroes In an emergency, it is important to remain calm.</p>	<p><b>Lesson 3</b> How Do I Love Others? To know that God wants His Church to love and care for others</p>
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	Learn correct naming of genitalia				
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## Year 5

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
Parent Consultation  Parent Session  Online Parent Portal	<p style="text-align: center;"><b>Lesson 1</b></p> <p style="text-align: center;">Calming the Storm</p> <p style="text-align: center;">We were created individually by God who cares for us and wants us to put our faith in Him.</p> <p style="text-align: center;"><b>Lesson 2</b></p> <p style="text-align: center;">Gifts and Talents</p> <p style="text-align: center;">Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community</p> <p style="text-align: center;"><b>Lesson 3</b></p>	<p style="text-align: center;"><b>Lesson 1</b></p> <p style="text-align: center;">Body Image</p> <p style="text-align: center;">To recognise that images in the media do not always reflect reality and can affect how people feel about themselves</p> <p style="text-align: center;"><b>Lesson 2</b></p> <p style="text-align: center;">Funny Feelings</p> <p style="text-align: center;">To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not</p>	<p style="text-align: center;"><b>Lesson 1</b></p> <p style="text-align: center;">Is God Calling You?</p> <p style="text-align: center;">To know ways in which we can participate in God's call to us.</p> <p style="text-align: center;"><b>Lesson 2</b></p> <p style="text-align: center;">Under Pressure</p> <p style="text-align: center;">Pressure comes in different forms, and what those different forms are</p> <p style="text-align: center;"><b>Lesson 3</b></p> <p style="text-align: center;">Do you want a piece of cake?</p> <p style="text-align: center;">Understand what consent</p>	<p style="text-align: center;"><b>Lesson 1</b></p> <p style="text-align: center;">Sharing isn't always caring</p> <p style="text-align: center;">To recognise that their increasing independence brings increased responsibility to keep themselves and others safe.</p> <p style="text-align: center;"><b>Lesson 2</b></p> <p style="text-align: center;">Cyber bullying</p> <p style="text-align: center;">What the term cyberbullying means and examples of it</p> <p style="text-align: center;"><b>Lesson 3</b></p>	<p style="text-align: center;"><b>Lesson 1</b></p> <p style="text-align: center;">The Trinity</p> <p style="text-align: center;">To know that God the Father, God the Son and God the Holy Spirit make up the three persons of the Trinity.</p> <p style="text-align: center;"><b>Lesson 2</b></p> <p style="text-align: center;">Catholic Social Teaching</p> <p style="text-align: center;">That God formed them out of love, to know and share His love with others.</p>

	<p>Girls Bodies About the unique growth and development of humans, and the changes that girls will experience during puberty</p> <p><b>Lesson 4</b> Boys Bodies About the unique growth and development of humans, and the changes that girls will experience during puberty</p> <p><b>Lesson 5</b> Spots and Sleep How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the</p>	<p>good guides for action.</p> <p><b>Lesson 3</b> Emotions change as they grow up (including hormonal effects)</p> <p><b>Lesson 4</b> Seeing Stuff Online The difference between harmful and harmless videos and images</p> <p><b>Lesson 5</b> Menstruation About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life</p>	<p>and bodily autonomy means</p> <p><b>Lesson 4</b> Self-Talk Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions</p>	<p>Types of abuse To judge well what kind of physical contact is acceptable or unacceptable and how to respond.</p> <p><b>Lesson 4</b> Impacted Lifestyles Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body.</p> <p><b>Lesson 5</b> Making Good Choices Recognise how they may come under pressure when it comes</p>	<p><b>Lesson 3</b> Reaching Out Find ways in which they can spread God's love in their community.</p>
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overuse of  
electronic  
entertainment

to drugs, alcohol  
and tobacco

**Lesson 6**  
Giving  
Assistance

The recovery  
position can be  
used when a  
person is  
unconscious but  
breathing.

## Year 6

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
Parent Consultation  Parent Session  Online Parent Portal	<p style="text-align: center;"><b>Lesson 1</b></p> <p style="text-align: center;">Calming the Storm</p> <p style="text-align: center;">We were created individually by God who cares for us and wants us to put our faith in Him.</p> <p style="text-align: center;"><b>Lesson 2</b></p> <p style="text-align: center;">Gifts and Talents</p> <p style="text-align: center;">Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community</p>	<p style="text-align: center;"><b>Lesson 1</b></p> <p style="text-align: center;">Body Image</p> <p style="text-align: center;">To recognise that images in the media do not always reflect reality and can affect how people feel about themselves</p> <p style="text-align: center;"><b>Lesson 2</b></p> <p style="text-align: center;">Funny Feelings</p> <p style="text-align: center;">To deepen their understanding of the range and intensity of their feelings; that</p>	<p style="text-align: center;"><b>Lesson 1</b></p> <p style="text-align: center;">Is God Calling You?</p> <p style="text-align: center;">To know ways in which we can participate in God's call to us.</p> <p style="text-align: center;"><b>Lesson 2</b></p> <p style="text-align: center;">Under Pressure</p> <p style="text-align: center;">Pressure comes in different forms, and what those different forms are</p> <p style="text-align: center;"><b>Lesson 3</b></p> <p style="text-align: center;">Do you want a piece of cake?</p>	<p style="text-align: center;"><b>Lesson 1</b></p> <p style="text-align: center;">Sharing isn't always caring</p> <p style="text-align: center;">To recognise that their increasing independence brings increased responsibility to keep themselves and others safe.</p> <p style="text-align: center;"><b>Lesson 2</b></p> <p style="text-align: center;">Cyber bullying</p> <p style="text-align: center;">What the term cyberbullying means and examples of it</p>	<p style="text-align: center;"><b>Lesson 1</b></p> <p style="text-align: center;">The Trinity</p> <p style="text-align: center;">To know that God the Father, God the Son and God the Holy Spirit make up the three persons of the Trinity.</p> <p style="text-align: center;"><b>Lesson 2</b></p> <p style="text-align: center;">Catholic Social Teaching</p> <p style="text-align: center;">That God formed them out of love, to know and share</p>

	<p><b>Lesson 3</b> Girls Bodies About the unique growth and development of humans, and the changes that girls will experience during puberty</p> <p><b>Lesson 4</b> Boys Bodies About the unique growth and development of humans, and the changes that girls will experience during puberty</p> <p><b>Lesson 5</b> Spots and Sleep How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene,</p>	<p>'feelings' are not good guides for action.</p> <p><b>Lesson 3</b> Emotions change as they grow up (including hormonal effects)</p> <p><b>Lesson 4</b> Seeing Stuff Online The difference between harmful and harmless videos and images</p> <p><b>Lesson 5</b> Making Babies (Part 1) How a baby grows and develops in its mother's womb.</p> <p><b>Lesson 6</b></p>	<p>Understand what consent and bodily autonomy means</p> <p><b>Lesson 4</b> Self-Talk Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions</p>	<p><b>Lesson 3</b> Types of abuse To judge well what kind of physical contact is acceptable or unacceptable and how to respond.</p> <p><b>Lesson 4</b> Impacted Lifestyles Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body.</p> <p><b>Lesson 5</b> Making Good Choices Recognise how they may come under pressure</p>	<p>His love with others.</p> <p><b>Lesson 3</b> Reaching Out Find ways in which they can spread God's love in their community.</p>
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	avoiding the overuse of electronic entertainment	Making babies (Part 2) Basic scientific facts about sexual intercourse between a man and woman <b>Lesson 7</b> Menstruation About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life		when it comes to drugs, alcohol and tobacco  <b>Lesson 6</b> Giving Assistance The recovery position can be used when a person is unconscious but breathing.	
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