

# Year 1/2 - Relationships

## Who is special to us?

### Lessons

1. Can I identify the members of my family?
2. Can I explore how my family makes me feel?
3. Can I explain similarities and differences in families?
4. Can I explore what families do together?
5. Can I explain who our school family made up of?
6. Can I identify who is special to us?

### Progression of Knowledge

- R1. That family is one group they belong to, alongside school, friends, clubs
- R2. To identify the people who love and care for them and what they do to help them feel cared for
- R3. About different types of families including those that may be different to their own
- R4. To identify common features of family life
- R5. That it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried
- R18. About the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually)
- R20. What to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard
- R22. About how to treat themselves and others with respect; how to be polite and courteous
- R23. To recognise the ways in which they are the same and different to others

### Vocabulary

Family, mum, birth mum, dad, birth dad, brother, sister, grandma, grandad, step, auntie, uncle, cousin, similar, different, features, love, care, activities, feelings, adopted, fostered, blended

# Year 3/4 – Relationships

## How do we treat others with respect?

### Lessons

1. Can I explain the importance of respecting others?
2. Can I explain how to make and keep friendships?
3. Can I identify my own support network?
4. Can I recognise what bullying is and how to respond?
5. Can I explore strategies for resolving conflicts?
6. Can I demonstrate how to treat each other with respect?

### Progression of Knowledge

- R1. to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)
- R5. that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart
- R6. that a feature of positive family life is caring relationships; about the different ways in which people care for one another
- R7. to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability
- R9. how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice
- R19. about the impact of bullying, including offline and online, and the consequences of hurtful behaviour
- R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support
- R31. about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background
- H36. strategies to manage transitions between classes and key stages

### Vocabulary

Relationships, family, romantic, online, committed, marriage, civil partnership, caring, respect, single parents, same-sex parents, step-parents, foster, adopted, security, stability, safe, unsafe, happy, unhappy, bullying, offline, online, trolling, harassment, exclusion, lonely, differences, similarities, personality, background, classes, key stage, transition, support, network, community

# Year 5/6 – Relationships

## How do friendships change as we grow?

### Lessons

1. Can I acknowledge the difference between family and friend relationships?
2. Can I identify ways to calm down and respond to disagreements?
3. Can I understand that people have different opinions?
4. Can I identify ways to create new friendships?
5. Can I recognise healthy and unhealthy relationships?
6. Can I describe how friendships may change as I grow?

### Progression of Knowledge

- R5. that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart
- R8. to recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty
- R9. how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice
- R10. about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing
- R11. what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships
- R16. how friendships can change over time, about making new friends and the benefits of having different types of friends
- R18. to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary
- R29. that personal behaviour can affect other people; to recognise and model respectful behaviour online
- H23. about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement
- H24. problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools
- H36. strategies to manage transitions between classes and key stages

### Vocabulary

Relationship, commitment, marriage, civil partnership, characteristics, shared, healthy, care, difficulty, happy, unhappy, safe, unsafe, seek, help, advice, positive, negative, wellbeing, support, mutual respect, trust, truthfulness, loyalty, kindness, tolerance, kindness, generosity, online, face-to-face, change, time, types, similar, different, manage, respectful, change, loss, transition, expression, thoughts, feelings, challenges, opinions, views, beliefs, agree, disagree