



Year 1

Year 2

Year 3

Year 4

Year 5

Year 6

Core Theme: Relationships

Key Question: What is the same and different about us?

In this unit pupils will learn the following skills:

- Identify what they like/dislike and are good at
- Recognise what makes them special and how everyone has strengths
- Describe how their personal features or qualities are unique
- Discuss how they are similar / different to others and what they have in common
- Identify and use the correct names for the main parts of the body, including external genitalia and that parts of our bodies covered with underwear are private

Key Question: Who is special to us?

In this unit pupils will learn the following skills:

- Recognise that family is one of the groups they belong to: school, friends and clubs
- Discuss different people in their family/those that love and care for them
- Recognise what their family members, or people that are special to them, do to make them feel loved and cared for
- Express how families are all different but share common features
- Recognise that it is important to tell someone (such as their teacher) if something about their family makes them feel unhappy or worried



Key Question: What makes a good friend?

In this unit pupils will learn the following skills:

- Discuss how to make friends with others
- Recognise when they feel lonely and what they could do about it
- Discuss how people behave when they are being friendly and what makes a good friend
- Describe how they can resolve arguments that can occur in friendships
- Understand how they can ask for help if a friendship is making them unhappy

Key Question: What is bullying?

In this unit pupils will learn the following skills:

- Discuss how words and actions can affect how people feel
- Identify how they can ask for/give/not give permission regarding physical contact and how to respond if physical contact makes them uncomfortable or unsafe
- Describe why name-calling, hurtful teasing, bullying and deliberately excluding others is unacceptable
- Understand how to report bullying or other hurtful behaviour, including online, to a trusted adult and the importance of doing so



Key Question: How can we be a good friend?

In this unit pupils will learn the following skills:

- Suggest how friendships support wellbeing and the importance of seeking support if feeling lonely or excluded
- How to recognise if others are feeling lonely and excluded and strategies to include them
- Identify how to build good friendships, including identifying qualities that contribute to positive friendships
- Understand that friendships sometimes have difficulties and how to manage when there is a problem or an argument between friends, resolve disputes and reconcile differences
- Recognise how a friendship could be making them unhappy, feel uncomfortable or unsafe and how to ask for support

Key Question: What are families like?

In this unit pupils will learn the following skills:

- Recognise how families and family structures differ from each other (e.g. single parents, same sex parents, step parents, blended families, foster and adoptive parents)
- Explore how common features of positive family life often include shared experiences, e.g.: celebrations, special days or holidays
- Discuss how people within families should care for each other and the different ways they demonstrate this
- Understand how they must ask for help or advice if family relationships are making them feel unhappy, worried or unsafe



Key Question: How do we treat each other with respect?

In this unit pupils will learn the following skills:

- Discuss how people's behaviour affects themselves and others, including online
- Understand how to be polite and courteous in different situations and recognise the respectful behaviour they should receive in return
- Describe the relationship between rights and responsibilities
- Recognise the right to privacy and how to recognise when a confidence or secret should be kept (such as a nice Birthday surprise) or not agreed to and when to tell (if someone is being upset or hurt)
- Identify the rights that children have and why it is important to protect these
- Recognise that everyone should feel included, respected and not discriminated against; how to respond if they witness or experience exclusion, disrespect or discrimination
- Understand how to respond to aggressive or inappropriate behaviour including online and unwanted physical contact) - How to report concerns



Key Question: How can friends communicate safely

In this unit pupils will learn the following skills:

- Explore different types of relationships
- Discuss how friends and family can communicate together; how the internet and social media can be used positively
- Recognise how knowing someone online differs from knowing someone face-to-face
- Explore how to recognise risk in relation to friendships and keeping safe
- Identify certain types of content (including images) that are safe to share online; ways of seeking and giving consent before images or personal information is shared with friends or family
- How to respond if a friendship is making them feel worried, unsafe or uncomfortable
- Identify how they can ask for help or advice and respond to pressure, inappropriate contact or concerns about personal safety.



Key Question: What will change as we become more independent?

How do friendships change as we grow?

In this unit pupils will learn the following skills:

- Explore the difference between romantic and intimate relationships
- Discuss people who are attracted to and love each other can be of any gender, ethnicity or faith
- Explore how couples care for one another
- Recognise how adults can choose to be part of a committed relationship or not, including marriage or civil partnership
- Understand that marriage should be wanted equally by both people and that forcing someone to marry against their will is a crime
- Discuss how puberty relates to growing from childhood to adulthood
- Talk about the reproductive organs and process
- Recognise how babies are conceived and born and how they need to be cared for
- Understand that there are ways to prevent a baby being made
- Explore how growing up and becoming more independent comes with increased opportunities and responsibilities

Key Question: How do friendships change as we grow

In this unit pupils will learn the following skills:

- Recognise how friendships may change as they grow and how to manage this
- Describe how to manage change, including moving to secondary school; how to ask for support or where to seek further information and advice regarding growing up and changing

