



ARK Franklin Primary Academy



Relationship Education

Relationships Overview

	Autumn Term		
	Families and friendships	Safe relationships	Respecting ourselves and others
Year 1	<p>People who care for me</p> 	<p>Recognising privacy and permission</p> 	<p>Respect</p> 
Year 2	<p>Making friends</p> 	<p>Managing hurtful behaviour</p> 	<p>Celebrating difference</p> 
Year 3	<p>Diversity in families</p> 	<p>Recognising the nature and effects of bullying</p> 	<p>Importance of self-respect; courtesy and being polite</p> 
Year 4	<p>Sustaining positive, healthy friendships</p> 	<p>Resisting bullying</p> 	<p>Responding respectfully to a wide range of people</p> 
Year 5	<p>Marriage and Civil Partnerships</p> 	<p>Being safe with technology</p> 	<p>Challenging prejudice and stereotypes</p> 
Year 6	<p>Peer influence</p> 	<p>Recognising and managing pressure</p> 	<p>Combating discrimination</p> 

Relationship Content

	Families and friendship		Safe Relationships		Respecting ourselves and others	
	Topic	Knowledge	Topic	Knowledge	Topic	Knowledge
Year 1	People who care for me	<ul style="list-style-type: none"> Our family is made up of lots of different people who care for us and give us love and support There are many positive aspects of being part of a family, such as spending time together, caring for each other, protection and sharing each other's lives There are people in my school and my community who care for me There are people who can help me in my family, my school and my community that can help me if I feel hurt or upset 	Recognising privacy and permission	<ul style="list-style-type: none"> there are appropriate ways of physical contact (e.g. hugs) to greet family and friends what it means to keep something private, including parts of the body that are private how to respond if being touched makes you feel uncomfortable or unsafe sometimes it is good to keep a secret and sometimes it is not 	Respect	<ul style="list-style-type: none"> respect is a way of treating or thinking about something or someone; if we respect someone, we treat them well there are a number of ways how we can show respect to others, including visitors there are a number of ways how we can show respect for our school and our environment you can also have respect for someone's for someone's feelings, their wishes or their ideas
Year 2	Making friends	<ul style="list-style-type: none"> It is important to make people feel welcomed and valued in a group Being a good friend to others means behaving in a certain way e.g. sharing, listening to others' points of view, working and playing cooperatively There are ways you can choose to make new friends if you feel lonely or unhappy Similarities and differences between me and my classmates can sometimes lead to problems between us Solving conflict between friends requires me to use a positive problem-solving technique 	Managing hurtful behaviour	<ul style="list-style-type: none"> hurtful behaviour constitutes actions or words which are not kind to others hurtful behaviour can be accidental, or in some cases, it may be deliberate hurtful behaviour can cause others to feel sad, worried or unsafe they should speak to a trusted adult for help if they feel unsafe or worried 	Celebrating difference	<ul style="list-style-type: none"> there are many things we have in common with our friends, classmates, and other people there are a number of ways in which I am different (for example, physically, in character, personality or backgrounds) from my friends and these differences make us special and unique others may make different choices to us or have different preferences or beliefs. it is important to respect others in spite of their differences including in play, work and group discussions and there are a number of ways in which we can do this
Year 3	Diversity in families	<ul style="list-style-type: none"> There are different types of families, including single parents, same-sex parents, stepparents, blended families, foster and adoptive parents Families of many forms are characterised by love and support and provide a sense of security and stability for children Differences and conflicts happen among family members and this might make someone upset or worried There are lots of forms of physical contact within a family and some of this is acceptable and some if not 	Recognising the nature and effects of bullying	<ul style="list-style-type: none"> bullying is deliberate acts of hurtful behaviour towards others and is ongoing bullying (in all forms) and hurtful behaviour is unacceptable in any situation bullying can have consequences for the people involved: it can affect the way we think, feel or behave there are things you can do and trusted adults you can tell if you see or experience bullying or hurtful behaviour 	Importance of self-respect; courtesy and being polite	<ul style="list-style-type: none"> Manners are words and actions that we should use when interacting with others; they are way to show people that we are polite and courteous It is important to use our manners whenever possible because it is respectful (you respect others and others will respect you), helps the flow of conversation, encourages other people to interact with us and trust us, and results in friendly conversations Self-respect basically means having respect for yourself, your body, your time, your wishes and your desires; it is liking yourself and being proud and confident about who you are. In school and in wider society you can expect to be treated with respect by others, and in turn you there are many ways in which we can show due respect to others, including those in positions of authority.

Relationship Content

	Families and friendship		Safe Relationships		Respecting ourselves and others	
	Topic	Knowledge	Topic	Knowledge	Topic	Knowledge
Year 4	Sustaining positive, healthy friendships	<ul style="list-style-type: none"> Healthy friendships are underpinned by many characteristics including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. Healthy friendships are positive towards others and do not make people feel lonely or excluded Many friendships have ups and downs and often these can be worked through so that the friendship is repaired, or even strengthened; violence is never an option Strategies including negotiation and compromise can help resolve and reconcile differences within friendships 	Resisting bullying	<ul style="list-style-type: none"> our responses to bullying can help improve or worsen a situation bystanders can intervene and help someone who is being bullied; they should not join in or keep what they have seen a secret it is important to report concerns and seek the help of a trusted adult if worried or uncomfortable about someone's behaviour there are a number of ways I can seek support where necessary and keep myself safe if I am being bullied 	Responding respectfully to a wide range of people	<ul style="list-style-type: none"> difference can be a source of conflict or a cause for celebration it is important to respect the differences (e.g. gender, race and faith) and similarities (e.g. shared values, likes and dislikes) between people in all contexts and treat everybody equally it is always possible to discuss issues respectfully (including with people including those whose traditions, beliefs and lifestyle are different to your own) and there are a number of ways in which we can do this, including listening to and respecting other points of view there are a number of ways to constructively challenge points of view we disagree with, including using respectful language and behaviour, staying calm and rational and showing you respect and understand the other person's perspective
Year 5	Marriage and Civil Partnerships	<ul style="list-style-type: none"> Marriage and civil partnership represent a formal and legally recognised commitment of two people to each other which is intended to be lifelong. People can fall in love with others of any gender, faith or ethnicity; they have the right to choose whom they marry or whether to get married In the United Kingdom, marriage is available to both opposite sex and same sex couples. To force anyone into marriage is illegal 	Being safe with technology	<ul style="list-style-type: none"> there are many ways in which you can use technology safely and positively to communicate with friends people sometimes behave differently online, including by pretending to be someone they are not cyberbullying is bullying that takes place over digital devices, including smart phones, laptops and tablets; it can also occur through social media or gaming where people can share or view content cyberbullying can include spreading rumours and sharing personal or private information about someone else causing embarrassment or humiliation. 	Challenging prejudice and stereotypes	<ul style="list-style-type: none"> prejudice means judging someone or having an idea about them (usually negative) before you actually know anything about them there are many different forms of prejudice, for example, person may hold prejudiced views towards a certain race, gender, age or sexual orientation etc. prejudice is a prejudgement based on inadequate knowledge and often begins in the form of a stereotype—that is, a negative belief about individuals based solely on their membership in a group, regardless of their individual characteristics. The negative form of prejudice can lead to discrimination, although it is possible to be prejudiced and not act upon the attitude.
Year 6	Peer influence	<ul style="list-style-type: none"> Peer pressure is feeling like you have to do something just because all your friends are doing it There are many examples of negative peer pressure (including being pressured into losing weight, bullying others, smoking etc.) and this can happen/start in a number of different ways e.g. rejection, insults etc. Peer pressure can make others feel a range of negative emotions including pressurised, scared, nervous or hopeless There are a range of strategies you can use to help manage and resist peer influence e.g. exit strategies, assertive communication, spend time with different friends 	Recognising and managing pressure	<ul style="list-style-type: none"> what consent means and how to seek and give/not give permission in different situations (including for physical contact) how it feels in a person's mind and body when they are uncomfortable that it is never someone's fault if they have experienced unacceptable contact there are a number of ways in which you can respond to unwanted or unacceptable physical contact e.g. be assertive and say 'No'; speaking to a trusted adult 	Combating discrimination	<ul style="list-style-type: none"> Discrimination means treating a person unfairly because of who they are or because they possess certain characteristics there are a number of different types of discrimination including racism, sexism and homophobia negative and discriminatory behaviour occur in many places including workplaces, schools, clubs and public places. Effects and consequences of discrimination are wide-ranging and include physical and emotional effects (For example, feeling sad, anxious or depressed); it can also affect people socially or financially: they may lose their job, quit school or perform poorly at school/work. Discrimination can be prevented when we appreciate diversity and respect people who are different in any way