

Relationships

Family and Close Positive Relationships

- The roles different people (e.g. acquaintances, friends and relatives) play in our lives
- Identify the people who love and care for them and what they do to help them feel cared for
- Different types of families including those that may be different to their own
- Identify common features of family life
- It is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried

***First 3 objectives to be taught, then bespoke planning for group from PoS.**

Friendships

- How people make friends and what makes a good friendship
- How to recognise when they or someone else feels lonely and what to do
- Simple strategies to resolve arguments between friends positively
- How to ask for help if a friendship is making them feel unhappy

Managing Hurtful Behaviour

- Bodies and feelings can be hurt by words and actions; that people can say hurtful things online
- How people may feel if they experience hurtful behaviour or bullying
- Hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult

Safe Relationships

- Recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private
- Sometimes people may behave differently online, including by pretending to be someone they are not
- How to respond safely to adults they don't know
- How to respond if physical contact makes them feel uncomfortable or unsafe
- Knowing there are situations when they should ask for permission and also when their permission should be sought
- The importance of not keeping adults' secrets (only happy surprises that others will find out about eventually)
- Basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe
- 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