



Key Facts

- Families are important for children growing up because they can give love, security and stability
- Others' families, either in school or in the wider world, sometimes look different from your own family. However, you should respect those differences and know that other children's families are also characterised by love and care for each other
- Friendships are important in making us feel happy and secure
- Most friendships have ups and downs, and these can often be worked through so that the friendship is repaired or even strengthened. Resorting to violence is never right
- Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded

By the end of these topics, I should:

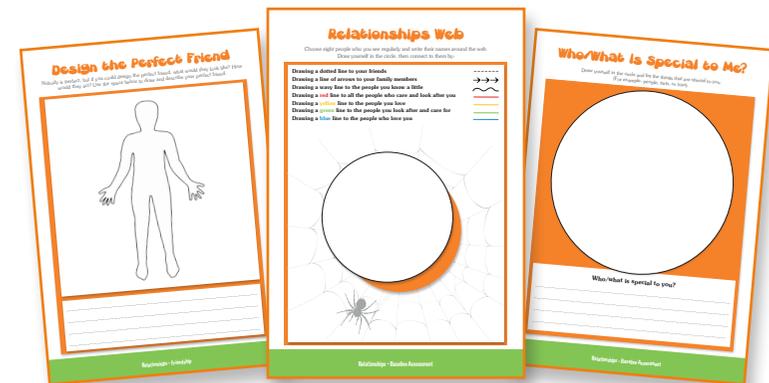
- understand different types of relationships
- understand how to be a good friend
- be able to recognise kind and thoughtful behaviours
- understand the importance of caring about other people's feelings
- be able to see a situation from another person's point of view

I will learn the following new words/phrases:

Relationship	A connection between two or more people or things.
Love	Strong feelings of affection for another person, activity, or object.
Security	Feeling safe and free from fear or danger.
Stability	Reliable or unlikely to change suddenly.
Disagree	To have a different opinion. The opposite of agree.

Ask me a question!

- What types of relationships are there?
- How can you show that you care about special people/things?
- What makes a good friend?
- What kind of things can friends fall out over or disagree about?
- What can we do if we fall out with our friends?





Key Facts

- Bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing
- It is important to take time to judge whether what you are feeling and how you are behaving is appropriate and proportionate
- healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded

By the end of these topics, I should:

- be able to name a range of feelings
- understand why we should care about other people's feelings
- be able to see and understand bullying behaviours
- know how to cope with these bullying behaviours
- be able to recognise and name a range of feelings
- understand that feelings can be shown without words
- be able to see a situation from another person's point of view
- understand why it is important to care about other people's feelings

I will learn the following new words/phrases:

Bullying	<i>A repeated aggressive or unkind behaviour.</i>
Mean	<i>Unkind, spiteful, or unfair.</i>
Describe	<i>To say or write what someone or something is like.</i>
Teasing	<i>To laugh at someone or say unkind things about them.</i>
Threatening	<i>Expressing a threat of something unpleasant or violent.</i>
Advice	<i>An opinion that someone offers you about what you should do or how you should act in a particular situation.</i>
Imagine	<i>To form or have a mental picture or idea of something.</i>
Anti-bullying	<i>Opposed to or acting against bullying.</i>

Ask me a question!

- How might someone feel if they are being bullied?
- If you thought someone was being bullied, what could you do?
- How can you be kind to someone?
- What kind of things can friends fall out over or disagree about?
- What can we do if we fall out with our friends?





Key Facts

- It is not always right to keep secrets if they relate to being safe
- Each person's body belongs to them
- It is important to seek help or advice if a relationship is making you feel unsafe or unhappy
- In school and in wider society, you can expect to be treated with respect by others, and in turn, you should show due respect to others, including those in positions of authority
- It is important to understand how to report concerns or abuse

I will learn the following new words/phrases:

Communicate	<i>To exchange or share information or ideas.</i>
Situation	<i>What is happening now.</i>
Penis	<i>The part of a male's body that is used for urinating.</i>
Testicles	<i>Two round male organs that produce sperm.</i>
Vagina	<i>The part of a woman's body that connects her outer organs to her uterus.</i>
Vulva	<i>External female genitalia that surround the opening to the vagina.</i>
Anus	<i>The external opening of the canal through which excrement leaves the body.</i>
Private parts	<i>A person's genitals.</i>
Appropriate	<i>Suitable or acceptable for a particular situation.</i>

Ask me a question!

- Can you name the different human body parts?
- If you know of somebody who is upset about the way someone treats them, what could you do?
- If you feel uncomfortable in a relationship, who could you talk to?

By the end of these topics, I should:

- understand the difference between appropriate and inappropriate touch
- know why it is important to care about other people's feelings
- understand personal boundaries
- know who and how to ask for help
- be able to name human body parts