

What are family and friendships so important?

| | EYFS | Year 1 | Year 2 |
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| What are family and friendships so important? | <ul style="list-style-type: none"> ✓ Families and friendships are important because they give you love and make you feel safe. ✓ It is important to spend time with our families and have fun. ✓ There are many people who care for me, which include parents, siblings, grandparents and relatives. ✓ All families are different. ✓ All families are different but they still have the same things in common- they all love and care for each other. ✓ Friendships are important in making us feel happy and secure, and how people choose and make friends. ✓ Sometimes families and friends can make us feel unhappy or unsafe if they use unkind words or hurt us. ✓ Sometimes these can be little problems, sometimes they can be more serious. ✓ If something has upset you- we can say, "No, thank you. Please stop. That is upsetting me." ✓ It important to tell trusted adults if I'm unhappy or feel unsafe. | <ul style="list-style-type: none"> ✓ Families and friendships are important because they give you love and make you feel safe. ✓ It is important to spend time with our families and have fun. ✓ There are many people who care for me, which include parents, siblings, grandparents and relatives. ✓ All my family members have different roles and care for me in different ways. ✓ All families are different but they still have the same things in common- they all love and care for each other. ✓ Friendships are important in making us feel happy and secure, and how people choose and make friends. ✓ Sometimes families and friends can make us feel unhappy or unsafe if they use unkind words or hurt us. ✓ Try and think if it is a little problem, a tricky problem or a serious problem. ✓ If it is little- everyone makes mistakes- try and move on. ✓ If it is tricky ask them politely to stop. Say, "No, thank you. That is upsetting me." ✓ If it is serious- it is never your fault. Tell a trusted adult. ✓ It important to tell trusted adults if I'm unhappy or feel unsafe. | <ul style="list-style-type: none"> ✓ Families and friendships are important because they give you love and make you feel safe. ✓ It is important to spend time with our families and have fun. ✓ Friendships are important in making us feel happy and secure, and how people choose and make friends. ✓ To be a good friend you have to show kindness, listening and honesty. ✓ To play positively with friends I can join in and include everyone. ✓ If I feel lonely or unhappy I can ask for help or support from friends and adults. ✓ I can make friends in lots of different ways and I can meet them in lots of different places like clubs and school. ✓ Sometimes families and friends can make us feel unhappy or unsafe if they use unkind words or hurt us. ✓ Try and think if it is a little problem, a tricky problem or a serious problem. ✓ If it is little- everyone makes mistakes- try and move on. ✓ If it is tricky ask them politely to stop. Say, "No, thank you. That is upsetting me." ✓ If it is serious- it is never your fault. Tell a trusted adult. ✓ It important to tell trusted adults if I'm unhappy or feel unsafe. |

| | Year 3 | Year 4 |
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| <p>What are family and friendships so important?</p> | <ul style="list-style-type: none"> ✓ There are different types of relationships such as: friendships, family relationships, romantic relationships and online relationships. ✓ Being part of a loving family provides support and stability. ✓ The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. ✓ Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. ✓ My personal behaviour can affect other people and I need to be respectful. ✓ The characteristics of healthy family life, include commitment, care, spending time together and being there for each other in times of difficulty. ✓ Sometimes families and friends can make us feel unhappy or unsafe if they use unkind words or hurt us. These can be little, tricky or serious problems. ✓ If it is a little problem, everyone makes mistakes- try and move on. ✓ Name the emotion and give each other 'a way out'- I can see you're feeling, why don't we do/go and find ✓ If it is tricky- be brave- say, 'No thank you' or 'Stop!' ✓ If it is serious- this isn't your fault- tell a trusted adult. ✓ It important to tell trusted adults if I'm unhappy or feel unsafe. | <ul style="list-style-type: none"> ✓ There are different types of relationships such as: friendships, family relationships, romantic relationships and online relationships. ✓ The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. ✓ Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. ✓ We have to build online relationships using the same values as face-to-face relationships. ✓ When communicating online, I need to be respectful. ✓ Communicating online can be risky as people can pretend to be someone else and send harmful content. If this happens I need to speak to a trusted adult. ✓ If I am communicating with someone I don't know I still need to be respectful and ensure I am safe. ✓ Sometimes families and friends can make us feel unhappy or unsafe if they use unkind words or hurt us. These can be little, tricky or serious problems. ✓ If it is a little problem, everyone makes mistakes- try and move on. ✓ Name the emotion and give each other 'a way out'- I can see you're feeling, why don't we do/go and find ✓ If it is tricky- be brave- say, 'No thank you' or 'Stop!' ✓ If it is serious- this isn't your fault- tell a trusted adult. It important to tell trusted adults if I'm unhappy or feel unsafe. |

| | Year 5 | Year 6 |
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| <p>What are family and friendships so important?</p> | <ul style="list-style-type: none"> ✓ A healthy family life includes commitment, care, spending time together; being there for each other in times of difficulty. ✓ A positive relationship is one that mutual respect, trust, honesty, loyalty, kindness and support and understanding that everyone has different beliefs and that this is okay. ✓ My behaviour can affect other people and I need to be respectful on and offline. ✓ Friendships can have ups and downs and I need to resolve disputes and reconcile differences positively and safely. ✓ I don't need to be pressurised into something I don't want to do because my friends are doing something or telling me to do something. ✓ Sometimes families and friends can make us feel unhappy or unsafe if they use unkind words or hurt us. These can be little, tricky or serious problems. ✓ If it is a little problem, everyone makes mistakes- try and move on. ✓ Name the emotion and give each other 'a way out'- I can see you're feeling, why don't we do/go and find ✓ If it is tricky- be brave- say, 'No thank you' or 'Stop!' ✓ If it is serious- this isn't your fault- tell a trusted adult. ✓ It important to tell trusted adults if I'm unhappy or feel unsafe. | <ul style="list-style-type: none"> ✓ A healthy family life includes commitment, care, spending time together; being there for each other in times of difficulty. ✓ A positive relationship is one that mutual respect, trust, honesty, loyalty, kindness and support and understanding that everyone has different beliefs and that this is okay. ✓ People who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart ✓ A feature of positive family life is caring relationships. ✓ There are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents) ✓ All the different family types can give family members love, security and stability. ✓ Sometimes families and friends can make us feel unhappy or unsafe if they use unkind words or hurt us. These can be little, tricky or serious problems. ✓ If it is a little problem, everyone makes mistakes- try and move on. ✓ Name the emotion and give each other 'a way out'- I can see you're feeling, why don't we do/go and find ✓ If it is tricky- be brave- say, 'No thank you' or 'Stop!' ✓ If it is serious- this isn't your fault- tell a trusted adult. ✓ It important to tell trusted adults if I'm unhappy or feel unsafe. |