

Building PSHE Knowledge: What do safe relationships mean? (Safety Week)

	EYFS	Year 1	Year 2
What do safe relationships mean?	<ul style="list-style-type: none"> ✓ A safe relationship is where you are treated nicely by others. Children and adults are polite and listen to your needs. You are polite, share and listen. ✓ Safe play is taking turns, sharing, being kind and listening to others. ✓ Unsafe could be where there is rough play, you get hurt by a child or adult, unkind words are said. ✓ If a child or adult is making you feel worried or unsafe- tell a trusted adult. ✓ No child or adult should hurt your body or touch your private parts. ✓ PANTS RULE ✓ Privates are privates. ✓ Always remember your body belongs to you. ✓ No means no. ✓ Talk about secrets that upset you. ✓ Speak up, someone can help. ✓ 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. Stranger danger ✓ Some strangers are nice and some might be mean. If you're lost find a safe stranger or place. ✓ Never go anywhere on your own with a stranger. ✓ Never get into a car with a stranger. ✓ If a stranger offers you a present say, 'No' very loudly. 	<ul style="list-style-type: none"> ✓ A safe relationship is where you are treated nicely by others. Children and adults are polite and listen to your needs. You are polite, share and listen. ✓ Safe play is taking turns, sharing, being kind and listening to others. ✓ Unsafe could be where there is rough play, you get hurt by a child or adult, unkind words are said. ✓ If a child or adult is making you feel worried or unsafe- tell a trusted adult. ✓ Remember: It's my body, my choice. ✓ Privates are privates. ✓ Always remember your body belongs to you. ✓ No means no. ✓ Talk about secrets that upset you. ✓ Speak up, someone can help. ✓ Work out if it is a little problem, tricky or serious problem. ✓ 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. Stranger danger ✓ Some strangers are nice and some might be mean. If you're lost find a safe stranger or place. ✓ Never go anywhere on your own with a stranger. ✓ Never get into a car with a stranger. ✓ If a stranger offers you a present say, 'No' very loudly. ✓ If someone scares you go to a safer place and tell a safe adult . 'Yell- run- tell!' 	<ul style="list-style-type: none"> ✓ Hurtful behaviour includes: saying unkind things and hurting each other physically. ✓ Hurtful behaviour can happen online. ✓ If I see or experience hurtful behaviour I can talk to a trusted adult. ✓ Bullying is repetitively hurting someone or a group of people and can be done in lots of different ways. ✓ If someone pressures me to do something that makes me feel uncomfortable I can say no and tell someone I trust. ✓ Keeping secrets and surprises can be exciting and can make people happy. These would be safe secrets and surprises to keep. ✓ If a secret or surprise makes you feel uncomfortable or worried is not safe. Tell a trusted adult. ✓ There are some things that we might choose to keep private in order to keep ourselves safe. ✓ Keeping things private means we don't tell or show others things that are private to us. ✓ This is different to keeping secrets. ✓ Examples would be: passwords, parts of our bodies covered by underwear, personal information. ✓ The PANTS rule: ✓ Privates are privates. ✓ Always remember your body belongs to you. ✓ No means no. ✓ Talk about secrets that upset you. ✓ Speak up, someone can help. ✓ There are no safe secrets or surprises about touching your body. ✓ 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.

	<ul style="list-style-type: none"> ✓ If someone scares you go to a safer place and tell a safe adult . 'Yell- run- tell!' ✓ If a stranger asks you to keep a secret – tell a trusted adult. <p>Online relationships</p> <ul style="list-style-type: none"> ✓ I can recognise some ways in which the internet can be used to communicate. ✓ I can give examples of how I (might) use technology to communicate with people I know. 	<ul style="list-style-type: none"> ✓ If a stranger asks you to keep a secret – tell a trusted adult. <p>Online relationships</p> <ul style="list-style-type: none"> ✓ I can give examples of when I should ask permission to do something online and explain why this is important. ✓ I can use the internet with adult support to communicate with people I know (e.g. video call apps or services). ✓ I can explain why it is important to be considerate and kind to people online and to respect their choices. ✓ I can explain why things one person finds funny or sad online may not always be seen in the same way by others. 	<ul style="list-style-type: none"> ✓ It important to tell trusted adults if I'm unhappy or feel unsafe. <p>Stranger danger</p> <ul style="list-style-type: none"> ✓ Some strangers are nice and some might be mean. If you're lost find a safe stranger or place. ✓ Never go anywhere on your own with a stranger. ✓ Never get into a car with a stranger. ✓ If a stranger offers you a present say, 'No' very loudly. ✓ If someone scares you go to a safer place and tell a safe adult . 'Yell- run- tell!' ✓ If a stranger asks you to keep a secret – tell a trusted adult. <p>Online relationships</p> <ul style="list-style-type: none"> ✓ I can give examples of how someone might use technology to communicate with others they don't also know offline and explain why this might be risky. (e.g. email, online gaming, a pen-pal in another school / country). ✓ I can explain who I should ask before sharing things about myself or others online. ✓ I can describe different ways to ask for, give, or deny my permission online and can identify who can help me if I am not sure. ✓ I can explain why I have a right to say 'no' or 'I will have to ask someone'. I can explain who can help me if I feel under pressure to agree to something I am unsure about or don't want to do. ✓ I can identify who can help me if something happens online without my consent. ✓ I can explain how it may make others feel if I do not ask their permission or ignore their answers before sharing something about them online. ✓ I can explain why I should always ask a trusted adult before clicking 'yes', 'agree' or 'accept' online.
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	Year 3	Year 4
<p>What do safe relationships mean?</p>	<ul style="list-style-type: none"> ✓ A safe, healthy relationship is built from mutual respect, trust, honesty, kindness and support both on and offline. ✓ A key part of setting up a healthy relationship that can stay healthy, whether face-to-face or online, is having really clear boundaries for your relationship. ✓ Creating boundaries may include: feeling able to say if you don't like something that is happening; knowing you don't have to tell each other everything and that some things can stay private; feeling able to say a polite 'no' to something; knowing that your body, your choices, your thoughts and your opinions are always your own and your friend or family member will have their own too; not feeling like you have to drop everything else to do what they want; feeling able to say your own thoughts and opinions. ✓ Knowing the difference between a little deal and a serious problem. ✓ Little deal: Be kind, we all make mistakes. Think of options to resolve the problem. ✓ Tricky: Be kind and firm in your body language and tone of voice. Get help if it gets too tricky. ✓ Big deal: Get away from the situation. Get help. ✓ If something is making you feel scared, worried or uncomfortable – tell a trusted adult. ✓ There are different types of cyber bullying: name calling- calling someone mean, nasty or rude names. ✓ Harassment: sending constant harmful or threatening messages to someone. ✓ Tricking: pretending to be someone's friend online, tricking them into sharing personal information, then sharing it with others. ✓ Trolling: Posting information about someone online that will upset them or cause problems for them. The information may be false. ✓ Exclusion: Deliberately leaving some out of groups or chats. ✓ Discrimination is being mean to someone or leaving them out because they are different from you in some way. ✓ Information that gives away our identity online is private. We would never give this to a stranger on the street or at the park, so we shouldn't put this information online. ✓ When we share something with another person, offline or online, we need to remember that they might share it with someone else. We need to think carefully before sharing personal information with friends. ✓ You can also speak to a trusted adult and get help if someone shares something with you online that you feel is inappropriate or that you know they shouldn't have shared. 	<ul style="list-style-type: none"> ✓ A safe, healthy relationship is built from mutual respect, trust, honesty, kindness and support both on and offline. ✓ A key part of setting up a healthy relationship that can stay healthy, whether face-to-face or online, is having really clear boundaries for your relationship. ✓ Creating boundaries may include: feeling able to say if you don't like something that is happening; knowing you don't have to tell each other everything and that some things can stay private; feeling able to say a polite 'no' to something; knowing that your body, your choices, your thoughts and your opinions are always your own and your friend or family member will have their own too; not feeling like you have to drop everything else to do what they want; feeling able to say your own thoughts and opinions. ✓ There may be times when the thoughts, opinions and actions of others can make us feel uncomfortable and make us doubt our own minds. ✓ We can respond passively: If you respond in a passive way, it means that you might feel uncomfortable in a situation but you don't say what you really think or feel. ✓ You can also respond aggressively, where you share your thoughts and how you feel in a way that makes other people feel uncomfortable. Aggressive words and actions can hurt others and their feelings. Aggressive behaviour makes people with a different view feel unable to confidently voice their thoughts and opinions. ✓ If you respond in an assertive way, it means that you confidently share your thoughts and how you feel but that you don't hurt others with your words or actions. An assertive person knows their own mind and is honest about their own thoughts and feelings without being rude or dismissive of someone else's. Assertive behaviour is firm and confident but also respects that others will think differently. ✓ Information that gives away our identity online is private. We would never give this to a stranger on the street or at the park, so we shouldn't put this information online. ✓ When we share something with another person, offline or online, we need to remember that they might share it with someone else. We need to think carefully before sharing personal information with friends. ✓ Secrets are OK to keep if they are a surprise for someone else and you can understand the need for them to be kept a secret. We do not have to keep something a secret if we do not want to. If something does not feel right, tell someone you trust. ✓ We would need to share someone else's secret if: ✓ The secret makes us feel uncomfortable; if the secret makes us worry about someone else's safety. If the secret makes us feel worried in any other way; if we

Recap

- ✓ Respect and protect – these are two very important words when it comes to looking after our bodies.
- ✓ We can choose what happens to our own bodies and others need our permission to touch us.
- ✓ What's under your underwear is private, always.
- ✓ Always ask permission to touch and know your private areas (PANTS rule).
- ✓ If someone is making you feel unhappy or unsafe you can speak to a trusted adult or if you feel in danger call the police 999.

- ✓ 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
- ✓ If you meet an adult who you do not know, either online or offline and you feel unsafe you can walk away and find a trusted adult. Shout for help if you feel in danger or call 999 and report this to the police.

Online relationships

- ✓ I can describe ways people who have similar likes and interests can get together online.
- ✓ I can explain what it means to 'know someone' online and why this might be different from knowing someone offline.
- ✓ I can explain what is meant by 'trusting someone online', why this is different from 'liking someone online', and why it is important to be careful about who to trust online including what information and content they are trusted with.
- ✓ I can explain why someone may change their mind about trusting anyone with something if they feel nervous, uncomfortable or worried.
- ✓ I can explain how someone's feelings can be hurt by what is said or written online.
- ✓ I can explain the importance of giving and gaining permission before sharing things online; how the principles of sharing online is the same as sharing offline e.g. sharing images and videos.

- think the secret might involve someone else doing something dangerous; if we think the secret might involve someone else doing something they shouldn't.
- ✓ It is very important to tell a trusted adult about this, or any secret that makes you feel uncomfortable, unhappy or unsafe. If the adult that is making you feel this way is within your family or support network, it is important to tell another trusted grown-up about it.

Recap

- ✓ Respect and protect – these are two very important words when it comes to looking after our bodies.
- ✓ We can choose what happens to our own bodies and others need our permission to touch us.
- ✓ What's under your underwear is private, always.
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- ✓ 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
- ✓ If you meet an adult who you do not know, either online or offline and you feel unsafe you can walk away and find a trusted adult. Shout for help if you feel in danger or call 999 and report this to the police.

Online relationships

- ✓ I can describe strategies for safe and fun experiences in a range of online social environments (e.g. **livestreaming**, gaming platforms).
- ✓ I can give examples of how to be respectful to others online and describe how to recognise healthy and unhealthy online behaviours.
- ✓ I can explain how content shared online may feel unimportant to one person but may be important to other people's thoughts feelings and beliefs.

	Year 5	Year 6
<p>What do safe relationships mean?</p>	<ul style="list-style-type: none"> ✓ Safe, healthy relationships are not always happy relationships both on and off-line. It is totally normal for healthy relationships to have disagreements as well as happiness and fun times. ✓ There are many different relationships: friendships, romantic relationships; family relationships and online relationships. ✓ A key part of setting up a healthy relationship that can stay healthy, whether face-to-face or online, is having really clear boundaries for your relationship. ✓ Creating boundaries may include: feeling able to say if you don't like something that is happening; knowing you don't have to tell each other everything and that some things can stay private; feeling able to say a polite 'no' to something; knowing that your body, your choices, your thoughts and your opinions are always your own and your friend or family member will have their own too; not feeling like you have to drop everything else to do what they want; feeling able to say your own thoughts and opinions; ✓ It is important we learn about these so we can manage them and stay safe, healthy and happy when we are online. ✓ If you experience inappropriate behaviour then show or tell an adult you trust about what is worrying, concerning or frightening you. Ask them for help. Record what you have seen or experienced. ✓ If online report it to the provider and ask them to block it or take a screen shot of what you have seen or experienced and with a trusted adult's help- report to the police. ✓ If you or someone is in immediate danger- call 999. ✓ Respect and protect – these are two very important words when it comes to looking after our bodies. ✓ Consent means permission for something to happen or agreement to do something. ✓ We can choose what happens to our own bodies and others need our permission to touch us. ✓ We do not have to do something that we are not comfortable about, even if others say we have to or if they threaten us in some way. ✓ Secrets are OK to keep if they are a surprise for someone else and you can understand the need for them to be kept a secret. We do not have to keep something a secret if we do not want to. If something does not feel right, tell someone you trust. ✓ We would need to share someone else's secret if: 	<ul style="list-style-type: none"> ✓ Safe, healthy relationships are not always happy relationships both on and off-line. It is totally normal for healthy relationships to have disagreements as well as happiness and fun times. ✓ There are many different relationships: friendships, romantic relationships; family relationships and online relationships. ✓ A key part of setting up a healthy relationship that can stay healthy, whether face-to-face or online, is having really clear boundaries for your relationship. ✓ Respect and protect – these are two very important words when it comes to looking after our bodies. ✓ Consent means permission for something to happen or agreement to do something. ✓ We can choose what happens to our own bodies and others need our permission to touch us. ✓ We do not have to do something that we are not comfortable about, even if others say we have to or if they threaten us in some way. ✓ Peer pressure describes a situation in which your friends are influencing the choices and decisions you are making. ✓ If you are in a friendship in which you are being put in tricky situations, then the friendship itself is unhealthy. By telling a trusted adult about this friendship you will have support and guidance on how to handle the situation. ✓ Some dares are risky or dangerous. Sometimes, challenges are popular on social media. Some can be fun or silly, others are risky and could be unsafe to try. ✓ If you find yourself in a tricky situation, you need to make sure you feel confident enough to do the right thing. ✓ You can remove yourself from the situation. Having a set code with a trusted family member can ensure you can get away from a situation. This might be putting 'xxx' at the end of a text message or having a code word in a phone call. You might also feel able to get away from the situation yourself. Once you are physically away from the situation you can have the space to make your own choice and voice this from a distance. ✓ It isn't always easy to do the brave thing and say 'No!' to something. When others are putting pressure on us to do something and we want to fit in or we want them to like us, the easier choice is to go along with things. ✓ You can be assertive: You have the right to make your own choices, no matter who the other person is. If you confidently say what you want to do or do not want to do, then that choice cannot be taken away from you.

- ✓ The secret makes us feel uncomfortable; if the secret makes us worry about someone else's safety. If the secret makes us feel worried in any other way; if we think the secret might involve someone else doing something dangerous; if we think the secret might involve someone else doing something they shouldn't.
- ✓ It is very important to tell a trusted adult about this, or any secret that makes you feel uncomfortable, unhappy or unsafe. If the adult that is making you feel this way is within your family or support network, it is important to tell another trusted grown-up about it.
- ✓ If a friendship is making you feel unsafe or uncomfortable on or offline tell a trusted adult and ask for advice or help.
- ✓ 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
- ✓ If you meet an adult who you do not know, either online or offline and you feel unsafe you can walk away and find a trusted adult. Shout for help if you feel in danger or call 999 and report this to the police.

Online relationships

- ✓ I can give examples of technology- specific forms of communication (e.g. emojis, memes and GIFs).
- ✓ I can explain that there are some people I communicate with online who may want to do me or my friends harm. I can recognise that this is not my / our fault.
- ✓ I can describe some of the ways people may be involved in online communities and describe how they might collaborate constructively with others and make positive contributions. (e.g. gaming communities or social media groups).
- ✓ I can explain how someone can get help if they are having problems and identify when to tell a trusted adult.
- ✓ I can demonstrate how to support others (including those who are having difficulties) online.

It can help to practise saying the words aloud beforehand to help you sound strong and confident.

- ✓ If a friendship or adult is making you feel unsafe or uncomfortable on or offline tell a trusted adult and ask for advice or help.
- ✓ 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!'
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- ✓ It important to tell trusted adults if I'm unhappy or feel unsafe
- ✓ If you meet an adult who you do not know, either online or offline and you feel unsafe you can walk away and find a trusted adult. Shout for help if you feel in danger or call 999 and report this to the police.

Online relationships

- ✓ I can explain how sharing something online may have an impact either positively or negatively.
- ✓ I can describe how to be kind and show respect for others online including the importance of respecting boundaries regarding what is shared about them online and how to support them if others do not.
- ✓ I can describe how things shared privately online can have unintended consequences for others. e.g. screen-grabs.
- ✓ I can explain that taking or sharing inappropriate images of someone (e.g. embarrassing images), even if they say it is okay, may have an impact for the sharer and others; and who can help if someone is worried about this.