

Withinfields Primary School Relationships Education Long Term Plan

Families and People who care for me	
Key Stage 1	Key stage 2
<p>to identify the people who love and care for them and what they do to help them feel cared for.</p> <p>To learn about different types of families including those that may be different to their own.</p> <p>to identify common features of family life</p>	<p>to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents) and that families of all types can give family members love, security and stability</p> <p>to recognise other shared characteristics of healthy family life, including commitment, care, spending time together and being there for each other in times of difficulty.</p>
Caring Friendships	
Key Stage 1	Key stage 2
<p>to learn about how people make friends and what makes a good friendship</p> <p>to recognise when they or someone else feels lonely and what to do</p> <p>to know simple strategies to resolve arguments between friends positively</p>	<p>to know what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties) and that the same principles apply to online friendships as to face-to-face relationships</p> <p>to know that healthy friendships make people feel included and recognise when others may feel lonely or excluded and to know strategies for how to include them</p> <p>to know strategies for recognising and managing peer influence and a desire for peer approval in friendships and to recognise the effect of online actions on others</p> <p>to know how friendships can change over time, about making new friends and the benefits of having different types of friends</p> <p>to know that friendships have ups and downs and know strategies to resolve disputes and reconcile differences positively and safely</p>

Respectful Relationships	
Key Stage 1	Key Stage 2
<p>to know about the roles different people (e.g. acquaintances, friends and relatives) play in our lives</p>	<p>to understand that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)</p> <p>to understand that people may be attracted to someone emotionally and romantically and that people may be attracted to someone of the same sex or different sex to them</p> <p>to know that gender identity and sexual orientation are different</p> <p>to know that forcing anyone to marry against their will is a crime and that help and support is available to people who are worried about this for themselves or others</p>
Online Relationships	
Key Stage 1	Key Stage 2
<p>to know how the internet and digital devices can be used safely to find things out and to communicate with others</p> <p>that not all information seen online is true</p>	<p>to recognise ways in which the internet and social media can be used both positively and negatively</p> <p>to recognise things appropriate to share and things that should not be shared on social media and rules surrounding distribution of images</p> <p>to understand how text and images in the media and on social media can be manipulated or invented and know strategies to evaluate the reliability of sources and identify misinformation</p> <p>to recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face and to recognise the risks of communicating online with others not known face-to-face</p>

Being Safe	
Key Stage 1	Key Stage 2
<p>to recognise that some things are private and the importance of respecting privacy and know that parts of their body covered by underwear are private</p> <p>to know how to respond safely to adults they don't know</p> <p>to know how to respond if physical contact makes them feel uncomfortable or unsafe</p> <p>to know that there are situations when they should ask for permission and also when their permission should be sought</p> <p>to know basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe</p> <p>to know what to do if they feel unsafe or worried for themselves or others and to know who to ask for help</p> <p>to know vocabulary to use when asking for help and the importance of keeping trying until they are heard</p>	<p>to understand about privacy and personal boundaries and what is appropriate in friendships and wider relationships (including online);</p> <p>to understand why someone may behave differently online, including pretending to be someone they are not and to know strategies for recognising risks, harmful content and contact and how to report concerns</p> <p>to know how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know</p> <p>to recognise different types of physical contact, what is acceptable and unacceptable and strategies to respond to unwanted physical contact</p> <p>to know about seeking and giving permission (consent) in different situations</p> <p>to know about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret</p> <p>to know how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this</p> <p>to know where to get advice and report concerns if worried about their own or someone else's personal safety (including online)</p>