

Me and My Relationships - Year 1

Our Big Question

How can we be kind, safe and helpful to ourselves and others?

Feelings

- How do I feel?
- How does my body feel?
- What can I do when I feel worried or upset?

Getting Help

- Who can help me?
- Who are my safe adults?
- How can I help a friend?

Friends and Family

- What makes a good friend?
- How can I be kind?
- How can I show respect?

I can...

- I can talk about my feelings and get help when I need it.
- I can ask safe adults for help and show kindness to myself and others.
- I can be kind, caring and respectful to my friends and other people.



feelings

The emotions we have, such as happy, sad, worried or excited.



safe

Being protected from harm and feeling secure.



friendship

When people care about each other and enjoy spending time together.



listening

To pay attention to what someone is saying or to sounds you hear.



respect

Being kind and treating others well.



help

Doing something kind to make things easier or better for someone.



include

Making sure everyone can join in and feel welcome.



behaviour

The way a person acts and treats others.

We Keep **S**afe



We are **C**aring



Our Classroom Rules Help Us



We are good **F**riends



We **A**chieve our best



We are **R**esilient



Hurt Body



Hurt Feelings



Me and My Relationships - Year 2

Our Big Question

How can we make good choices to keep ourselves and others happy and safe?

Feelings

- How do I feel?
- What can I do with big feelings?
- How can I show I care?

Being a good friend

- What makes a good friend?
- How can I be kind?
- How do my actions affect others?

Bullying, Rules & Safety

- What is bullying?
- Why do we have rules?
- How can I stay safe?

I can...

- I can build good friendships by showing kindness, respect and consideration for others.
- I can recognise different feelings and think of ways to manage them.
- I can spot bullying and teasing and know how to get help.

How do you feel today?



How can I be a good friend?

Actively listen.
Use caring words.
Be a helping hand.



Take turns and share.
Include everyone.
Care about others' feelings.



Something that happens more than once.



Using phones, computers, or the internet to be mean to someone.



Feeling sad because you do not feel connected to other people.



Being friendly, caring, and thoughtful towards others.



Instructions that help everyone stay safe and get along.



Letting others know how you feel through your words, face, or actions.



Not feeling safe or protected.



Being mean to someone on purpose again and again.

Me and My Relationships - Year 3

Our Big Question

How can we build positive relationships with others?

Feelings

- How can I manage my feelings?
- Can people feel differently?
- How can I respect others' feelings?

Working Together

- How can I work well with others?
- How can I listen and share ideas?
- How can I help everyone join in?

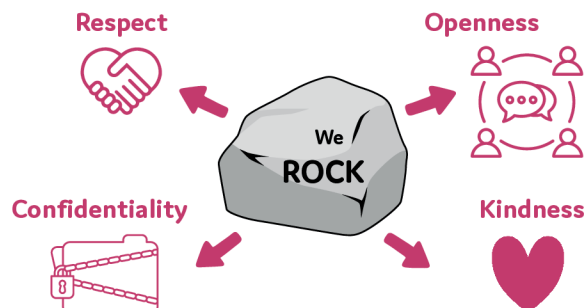
Positive Relationships

- What makes a healthy friendship?
- How can I show care and respect?
- Who can help if I feel unsafe or worried?

I can...

- I can work well with others, respect different opinions, and ask for help if I feel unsafe.
- I can build strong friendships by being kind, respectful and supportive.
- I can explain my feelings, know that others may feel differently, and use ways to help me cope with challenges.

Our Class R.O.C.K Agreement



When friendships go wrong...



Showing that you value other people's feelings, ideas, and belongings.



When people each give up a little so everyone is happy with the result.



A disagreement between people who want different things.



Believing that someone will be honest, kind, and do the right thing.



The way a person thinks about or sees a situation.



To work together to achieve the same goal.



Information that is not true but is shared by mistake.



Information that is made up or changed on purpose to trick people.

Me and My Relationships - Year 4

Our Big Question

How can we build healthy relationships and make positive choices?

Emotional Awareness

- How do feelings change?
- How do feelings affect my body?
- Can people feel differently?

Healthy Relationships

- What makes a healthy relationship?
- How can I show respect and kindness?
- How can I help others?

Teamwork & Collaboration

- How can I work well with others?
- How can I include everyone?
- How can I celebrate others' success?

I can...

- I can manage my feelings, be assertive, and say "no" to keep myself safe.
- I can build healthy relationships, show respect, and be an upstander when someone is being unkind.
- I can listen to others, respect different views, communicate clearly, and include everyone.

How do you feel?



How do they feel?



teamwork

People working together to achieve a shared goal.



assertive

Speaking up for yourself in a calm and confident way.



upstander

A person who speaks up or does something to help when they see someone being treated unfairly or unkindly.



healthy relationships

A relationship where people treat each other with kindness, honesty, and care.



responsibilities

The duties or tasks a person is expected to carry out.



excluded

Being left out of an activity, group, or friendship.



controlling

Trying to decide what someone else should do, think, or say.



prejudice

Judging someone unfairly before getting to know them.

Me and My Relationships - Year 5

Our Big Question

How can we work together, manage our feelings and stay safe in relationships?

Emotional Awareness

- How can I manage my emotions?
- How can I show respect for others' feelings?
- How can I be assertive and say "no" when I need to?

Teamwork & Collaboration

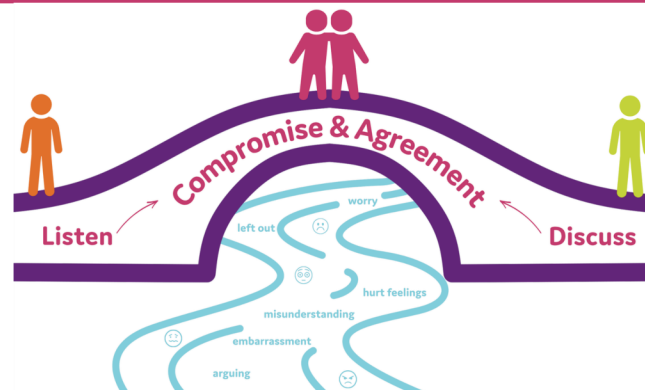
- How can I work well with others?
- How can I solve disagreements calmly?
- How can I include everyone?

Safety & Support

- What makes a healthy relationship?
- How can I spot an unhealthy friendship?
- Who can help if I am worried about myself or someone else?

I can...

- I can include others, listen to different views, and solve disagreements fairly.
- I can recognise safe and unsafe behaviour in relationships and know where to get help.
- I can manage my feelings, communicate my needs, and respect my own and others' boundaries.



Talking with others to find a fair solution to a problem.



The final solution to a disagreement or difficulty.



How positively you think and feel about yourself.



The information and content you leave behind when you use the internet.



Online information that can stay with you for a very long time.



Not noticing or caring about how other people feel.



Lacking confidence or feeling unsure about yourself.



The things people need to feel loved, valued, safe, and supported.

Me and My Relationships- Year 6

Our Big Question

How can we build positive relationships, respect boundaries and keep ourselves and others safe?

Emotional Awareness

- How can I manage my emotions?
- How can I understand how others feel?
- How can I adapt my behaviour in different situations?

Positive Relationships

- What makes a healthy relationship?
- How can I respect different people and opinions?
- How can I solve disagreements fairly?

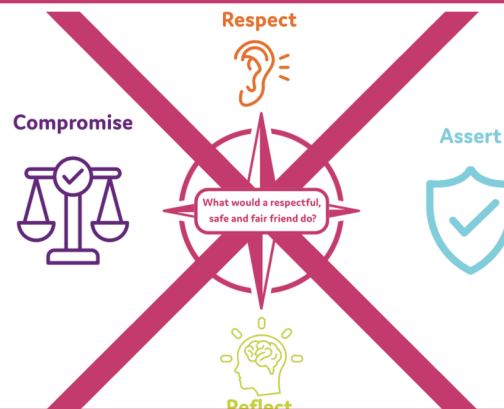
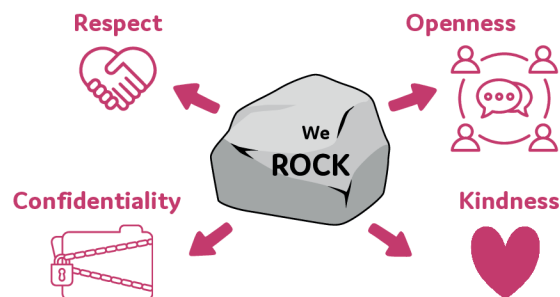
Safety & Boundaries

- What are boundaries and why are they important?
- How can I recognise safe and unsafe behaviour?
- Who can I talk to if I am worried about myself or someone else?

I can...

- I can manage my emotions, communicate my needs clearly, and respect my own and others' boundaries.
- I can recognise healthy and unhealthy relationships, show empathy, and resolve friendship problems positively.
- I can recognise when boundaries have been crossed, identify unsafe behaviours, and seek help from safe adults.

Year 6 R.O.C.K Agreement



balanced friendship

A friendship where both people are treated fairly and feel valued.



assertiveness

The skill of expressing your thoughts and feelings confidently and respectfully.



peer pressure

Feeling influenced by other people to act, think, or behave in a certain way.



disrespect

Behaviour that shows a lack of consideration for another person's feelings, rights, or wishes.



appropriate

Behaviour, words, or actions that are suitable for a particular situation.



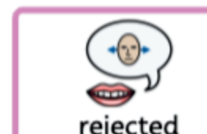
inappropriate

Behaviour, words, or actions that are not suitable for a particular situation.



response

What someone says, does, or feels after something happens.



rejected

Feeling that you have not been accepted by a person or group.