



Relationships

PSHE
Year 1

Overview

Pupils will learn about building relationships with friends, family and those people around them. We will look at the way in which family units can differ from household to household. We will investigate friendships and what a good friend looks like. We will identify what to do if we are bullied and think about what to do if we are unkind to someone. Children will also learn about what to do if they are in unsafe situations.



Knowledge & Understanding

In this unit pupils will:

- Identify people who love and care for them
- Understand the different types of family including those different than their own.
- Recognise that it is important to tell someone if something or someone makes them unhappy or worried.
- Understand how to make friends and recognise what makes a good friend
- Know that there are situations that they need to seek adult help with

Outcomes and Life Skills

In this unit pupils will:

- Talk about, compare and understand family setups are different in each household and why that might be.
- The children will be able to identify 'safe' adults to tell if they are feeling upset, sad or angry. They will also be able to understand that adults are there for them when they are unsafe.
- Build good, solid friendships with those around them.

Home – school link project

During this topic, pupils can choose to:

- Make a family tree, identifying different members of their families
- Make a friendship tree with pictures of their friends
- Make a poster about what makes a good friend

Topic Vocabulary

bullying- *suffering caused by another via repetitive name-calling or harm*

family – *a group of people made up in a variety of different ways together as a unit*

friend – *a person with who you have a bond*

safe – *protected from harm*

unkind – *inconsiderate or mean to others*

unsafe – *not protected from harm, in a dangerous position.*

Christ Church Values

compassion – *sympathetic pity and concern for others*

forgiveness - *forgiving someone for something that has hurt you or another*

friendship – *the state of being friends*

hope - *a feeling of expectation and desire for something to happen.*

peace – *freedom of worry*

thankfulness – *a feeling or showing of appreciation*

trust – *a firm belief in something, truth or someone*