


The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes are primarily triangles and polygons, creating a dynamic, layered effect. The central area is white, providing a clean space for the text.

Relationships Curriculum

Year 1 - What will my child learn?

- ▶ Understand that families can include a range of people.
- ▶ Understand who their friends are and what people like to do with friends.
- ▶ Describe what people might look like if they are feeling: angry, scared, upset or worried.
- ▶ Identify ways of responding to this by either offering help or giving them space.
- ▶ Understand the skills needed to work together in a group.
- ▶ Understand that friendships can have problems and learn ways to overcome these problems.
- ▶ Understand how the actions of others can affect people.
- ▶ Explain what a stereotype is.

- 
- ▶ **Key vocabulary**
 - ▶ behaviour
 - ▶ care
 - ▶ emotions
 - ▶ family
 - ▶ feelings
 - ▶ friend
 - ▶ friendly
 - ▶ problem
 - ▶ stereotype

What will my child see?

- ▶ [Lesson 1](#) - Pupils will discuss how members of the family show each other respect in the video.

Year 1 - Families and relationships

Behaviour	The way that somebody acts around other people.
Care	Looking after someone or something.
Emotions	The range of feelings that someone can have, such as happiness or anger.
Growth mindset	Understanding that you can keep learning new things if you never give up.
Feelings	Emotions that a person can have.
Friend	Someone you like and enjoy spending time with.
Friendly	Being nice or kind to someone.
Problem	A difficult situation.
Stereotype	A view or an idea about something or someone which is often untrue.

We can help others when they are feeling sad.



Being friendly is important even if we are not friends with someone.

Getting help

Talk to an adult you trust either at school or at home.

BOY

GIRL

People can have stereotyped ideas about boys and girls.

Key facts

Families can be made up of different people.



Friends are people we like and want to spend time with.




Friends sometimes fall out but we can overcome problems.

We all experience different feelings and emotions.



Year 2 - What will my child learn?

- ▶ Understand that families offer love and support and that different families may be made up of different people.
- ▶ Consider what friends may be thinking and feeling in different situations.
- ▶ Recognise some issues that may occur in friendships and which of these may need adult help to resolve.
- ▶ Understand that expectations of manners may change according to the situation.
- ▶ Know that remembering people who were important to them but are no longer here can cause a mixture of emotions.
- ▶ Explain what gender stereotypes are in relation to careers.

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- ▶ **Key vocabulary**
 - ▶ friendship
 - ▶ love
 - ▶ manners
 - ▶ feelings
 - ▶ emotions
 - ▶ family
 - ▶ stereotype
 - ▶ respect

What will my child see?



Year 2 - Families and relationships

Emotions	The range of feelings that someone can have, such as happiness or anger.
Family	A unit of people joined together by blood, marriage, or other means including adoption or a close social bond.
Feelings	Emotions that a person can have.
Friendship	A special bond between yourself and a friend.
Love	Feelings of affection and care.
Manners	A way of behaving that shows respect for other people.
Respect	A way of thinking about someone or behaving towards someone, in a kind and thoughtful way.
Stereotype	A view or idea about something, often someone, which is often untrue.



Good memories can help us feel better if a person or pet dies or doesn't live with us anymore.



We can decide what job we want to do and being a boy or girl should not affect what we choose.

Getting help

Talk to an adult you trust either at school or at home.

Contact: Childline
www.childline.org | 0800 1111
 Calls DO NOT show on the phone bill

Key facts



Families support and care for each other.



Other people's families might be different to yours, but that is OK.

We can sometimes see how people are feeling by their body language, such as smiling.




If a friendship makes us unhappy, we need to talk to someone or find a new friend.



Year 3 - What will my child learn?

- ▶ Understand that families are all different.
- ▶ Know that families offer each other support but sometimes they can experience problems.
- ▶ Understand that problems occur in friendships and that violence is never right.
- ▶ Understand what bullying is and what to do if it happens.
- ▶ Describe what a good listener is and know how to show that they are listening.
- ▶ Say who they trust and why.
- ▶ Understand that people can have similarities and differences and explain how differences can be a positive thing.
- ▶ Understand how toys can reinforce gender stereotypes.
- ▶ Understand that stereotypes arise from a range of factors, including some of those associated with age.

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- ▶ **Key vocabulary**
 - ▶ bullying
 - ▶ communicate
 - ▶ empathy
 - ▶ open questions
 - ▶ similar
 - ▶ solve
 - ▶ stereotype
 - ▶ sympathy
 - ▶ trust

What will my child see?

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Families



Family A

- The boy is 9 years old and the girl is 6 years old.
- Their mum and dad have been married for 12 years.
- Mum is a doctor and dad runs his own business.
- Grandad is mum's dad and grandma is his second wife, so she is not related to Mum.
- They all live together in a city.

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Families



Family B

- The girl is 8 years old and the boy is 5.
- Mum and dad got together 6 years ago. The boy is their son and the girl has a different father.
- Dad has an older daughter who is 13. She lives with her mum but stays with them every other weekend.
- The other adult is dad's sister who lives with them.
- Mum and dad are both nurses.
- They live in a small town.

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Families



Family C

- The boy is 7 years old.
- Dad and dad have been married for 4 years and they adopted their son 2 years ago.
- Dad works part time from home.
- Dad owns a shop close to their house.
- They live in the countryside.

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Families



Family D

- The boy and girl are twins aged 2 and they also have an older brother who is 9.
- Dad works in a bank.
- Mum lives with them and stays at home to look after the twins.

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Pupils will be given a different family set up to look at

They will consider:

- Good things the family can do together
- How they can support each other
- What problems they may face
- How they could solve those problems



Son reading with his mother



Boy with his teacher



Girl listening to music



Girl using nonverbal communication



Girl with a head scarf to hide her hair loss during medical treatment



Girl eating lunch



Boy with his carer



Boy drinking water



Girl playing



Boy in class



A boy with Down's syndrome playing



Girl at an amusement park



A girl born without hands drawing



Boy with Down's syndrome using a walking frame



Boy doing his homework



Smiling girl



A boy reading a braille book



A girl outdoors



Smiling girl



A girl making a heart shape with her hands

Pupils will identify similarities and differences between the children in the pictures
Whilst developing a respect for how we are all different

Year 3 - Families and relationships

Bullying	To cause repeated physical or emotional pain to somebody.
Communicate	To interact with other people through words or body language.
Empathy	To be considerate and understanding of other people's feelings.
Open questions	Questions that do not have simple one word answers.
Similar	Something that is nearly the same as another thing.
Solve	To find an answer to a problem.
Stereotype	A view or idea about something, often someone, which is often untrue.
Sympathy	Feeling sad for someone when something bad happens to them.
Trust	Relying on someone to do something for you, such as keeping a secret or keeping something safe for you.



There are similarities and differences between people.



Stereotypes can have a negative impact as they can make people think they cannot do certain things.

Getting help

Talk to an adult you trust either at school or at home.

Contact: Childline
www.childline.org | 0800 1111
Calls DO NOT show on the phone bill

Key facts

Families help each other in different ways.

Families sometimes experience problems and if they can't solve these themselves, there are other people who can help.

Friendships have ups and downs but these can be overcome. Violence is not an answer to friendship problems.

Bullying can be physical or emotional and is repeated. Bullying can happen online as well as face to face.



People can communicate in ways other than talking.



Listening is as important as talking for good communication.



Trust is an important part of a relationship and we trust different people for different things.

Year 4 - What will my child learn?

- ▶ Understand that manners vary in different situations.
- ▶ Understand boundaries in friendships, including physical boundaries and expectations.
- ▶ Understand that what they do and say affects other people.
- ▶ Understand the impact of bullying and the role bystanders can take.
- ▶ Recognise male and female stereotyped characters.
- ▶ Understand that stereotypes about disabilities are usually untrue.
- ▶ Understand that families are all different and they offer each other support but sometimes they can experience problems.
- ▶ Know what bereavement is and how to support someone who has experienced a bereavement.

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- ▶ **Key vocabulary**
 - ▶ act of kindness
 - ▶ authority
 - ▶ bereavement
 - ▶ boundaries
 - ▶ bystander
 - ▶ permission

What will my child see?



Families around the world

We are finding out about (name of country) _____

Research and answer the following questions for your country, using books or the internet.

Who typically makes up a family? _____

How many children are there in most families? _____

What is the role of the extended family (aunties, uncles, grandparents)? _____

What roles do males take on in the family? _____

What roles do females take on in the family? _____

What type of homes do families live in? _____

What are the traditions when a baby is born? _____

What events might the family celebrate? _____

What age do children start school? _____

Write down any other interesting facts you have found out. _____

Year 4 - Families and relationships

Act of kindness	Doing something nice for someone.
Authority	A person with high status and decision making power.
Bereavement	Mourning or grieving somebody who has died.
Bullying	To cause repeated physical or emotional pain to somebody.
Bystander	Someone who watches something happening without getting involved.
Manners	A way of behaving that shows respect for other people.
Permission	Allowing someone to do something once they have asked first.
Respect	Being thoughtful and polite towards other people.
Stereotype	A view or idea about something, often someone, which is often untrue.

Key facts

Different manners are needed in different situations.

Everyone should be respected, especially people who have a position of authority such as police and teachers.



Police

Teacher

Parents

People have different boundaries and we should respect these.

Your body belongs to you and you have the right to decide what happens to it.



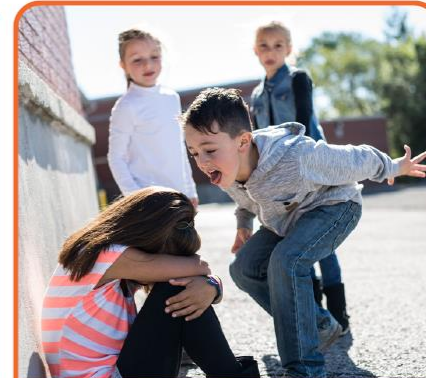
Gender stereotypes can have an impact on how people see themselves and what they think they can do.

Families in different parts of the world have different ways of living.

There are different ways we can help people when someone close to them has died.



How we behave can have a positive impact on other people, for example saying something kind or helping them.



How we behave can have a negative impact on other people, for example saying nasty things or not letting them join in.


Getting help

Talk to an adult you trust either at school or at home.

Contact: Childline
www.childline.org | 0800 1111
Calls DO NOT show on the phone bill

Year 5 - What will my child learn?

- ▶ Describe what qualities a good friend should have and recognise which of these they have and which they could develop.
- ▶ Recognise that friendships have ups and downs and this is normal.
- ▶ Understand what marriage is and know that it is a choice people make.
- ▶ Understand that we all have a range of attributes that make us who we are and we should be proud of these.
- ▶ Understand that sometimes families can make children feel unhappy or unsafe.
- ▶ Understand why someone might bully others.
- ▶ Understand that attitudes and laws around gender equality have changed over time.
- ▶ Understand that stereotypes exist and these can lead to discrimination.

- 
- ▶ **Key vocabulary**
 - ▶ attributes
 - ▶ bullying
 - ▶ bystander
 - ▶ cyberbullying
 - ▶ marriage
 - ▶ secret
 - ▶ wedding

Church wedding



Registry office wedding



Sikh wedding



Same sex marriage (male)



Muslim wedding



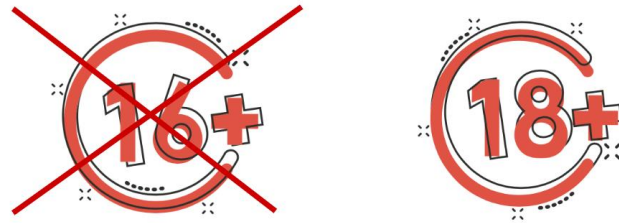
Jewish wedding



2022

Marriage age raised for people aged 16 or 17.

You must now be 18 to get married, even if you have parental consent.



- ▶ Pupils will understand that there are different types of marriages and view a timeline of changes in the law for marriage

Discuss - what is happening, how might the children be feeling and what could a friend do?

1 Amarjeet is a new girl at school in year five. She always gets dropped off by car and often comes in late. The children in her new class want to be friendly but she doesn't talk much and she won't tell anyone where she lives. She says it's a secret. She goes to after school club and leaves after everyone else, so no one has met her mum or dad. Some of the children in Amarjeet's class want to make friends with her but don't know how to talk to her. Some of the others start to make jokes about her and call her names behind her back. Amarjeet is a bit moody and this makes it easy to wind her up and hard to be friendly with her.

2 Alex has been to this school since reception. He comes to school early every day. He is suddenly very neat and tidy and works extra hard, which is not how he was last year. He had lots of friends in year four, and would often invite them around to his house after school. But some of his friends and their parents are beginning to wonder why he has stopped inviting them back to his house since starting in year five. When they ask him what's going on he just says he can't tell them. His friends don't know what to do. They wonder if he doesn't like them any more.

3 Jack comes into school looking really tired. His eyes look sore like he might have been crying, which is really unlike him. He has a bruised arm but he asks his friends not to tell anyone. He won't say what has happened and at the end of the day he rushes away from school and walks home on his own. His friends are really worried about him and don't know what to do.

1 Amarjeet has had to move with her mother into a refuge because her father was violent to her mother. She has had to move school and leave most of her clothes and possessions behind because they had to leave in a hurry in case her dad came back and caught them. She can't tell the others in her class where she lives because she is scared her father might come and hurt her mother if he finds out where they are living now. Amarjeet wants to make new friends but she really misses her old ones and her own house. Before the trouble started with her dad, Amarjeet had lots of friends and was one of the most popular girls in her old school. Although the refuge is friendly and safe, it is all new and strange to her at the moment. She is angry with her dad for hurting her mum and at her mum for making her move.

2 In the summer holidays Alex's mum met a new boyfriend on holiday. At first everything seemed really good. The new boyfriend bought Alex lots of new stuff and wanted to move in with him and his mum. She was really happy and Alex thought it might be good for both of them to have a new man in the house. But when the new boyfriend moved in he started to get very angry if there was any noise or mess anywhere. He would shout and throw things if Alex left any of his things out in the hall or living room. He started to tell Alex's mum what to wear, what to cook, when she could go out. Gradually, both Alex and his mum have stopped seeing friends or family outside the house because the boyfriend says they should all be happy just the three of them. Alex is very worried that his mum is scared of her boyfriend now and he doesn't know what to do.

3 Jack loves his dad and he can be really good fun, playing football and computer games and having a laugh. Sometimes, though, he comes home late and shouts, or punches the walls, but afterwards he always says he's really sorry and that he loves everyone in the family and he won't do it again. Last night Jack's dad didn't get back until really late and Jack's mum shouted at him. He threatened to hit her. Jack ran out of his room and tried to stop him but he was pushed aside. In the end a neighbour rang the police and they came and arrested Jack's dad. Jack is very upset but he says he doesn't want any of his friends to tell anyone else about what has happened.

1 Amarjeet is seen crying one day by her teacher, who knows that she is living at the refuge. Her teacher decides she needs some friends and sets up a small group of girls to be friends with her. Amarjeet talks to her mum about how she feels and the children's worker at the refuge helps too. When her mum realises how lonely Amarjeet is feeling she says she can tell her new group of friends about the refuge (but not where it is) so they understand why she can't bring them home. With help from the refuge, Amarjeet's mum starts to look for a flat for the two of them near the school and she promises that when they find a place of their own Amarjeet can choose a pet. Amarjeet's friends all bicker so much about what would be the best pet that at last Amarjeet laughs. She starts to feel better. Perhaps life in this new town will be OK after all.

2 Alex thinks for ages about what to do. In the end he phones ChildLine one day when his mum is cooking tea and the boyfriend is at work. He whispers on the phone so no one can hear. The person on the end of the phone takes the situation very seriously, listens carefully to Alex and suggests that he talk to someone in his family. He decides to tell his grandmother. Although she lives a long way away, as soon as she hears what is going on she gets in the car and drives down to see his mum. After lots of talk Alex's mum realises just how much the new boyfriend is upsetting Alex and controlling her life. She gathers her brother, sisters and her mother and together they ask the boyfriend to leave. Alex's grandma says she will come and visit more often. Alex's mum is much happier, like her old self. Alex is so glad he talked to someone and so is she.

3 Jack's best friend Yinka stays awake all night worrying about Jack. In the morning his mum asks him what's upsetting him and he tells her about Jack's problems. She tells him not to worry and she goes round to talk to Jack's mum when the children have gone to school. When Yinka sees Jack the next day he looks much happier. He says his mum has asked his dad to move out. He will still see Jack at weekends in the day. Jack isn't sure how it will all end but he's glad Yinka got his mum involved because she knew how to get his mum to find some help.

Year 5 - Families and relationships

Attributes	Qualities or characteristics that make up someone's personality.
Bullying	To cause repeated physical or emotional pain to somebody.
Bystander	Someone who watches something happening without getting involved.
Cyberbullying	Bullying that occurs through the internet.
Marriage	The legal commitment of two people to each other which is intended to be lifelong.
Secret	Something which is not meant to be known or seen by anyone.
Wedding	The ceremony which celebrates the marriage of two people.



Some people bully others because they have their own problems and they need help and support to overcome their problems.

If we are aware of bullying, it is important to try and help and not be a bystander.

Getting help

Talk to an adult you trust, this could be:

- someone at school e.g. teacher
- someone at home e.g. parent or older siblings
- another relative e.g. grandparent or aunty/uncle
- someone at a club or organisation you attend e.g. sports coach

Contact: Childline

www.childline.org | 0800 1111

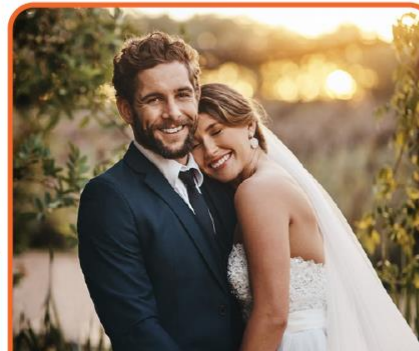
Calls DO NOT show on the phone bill

Key facts

There are many qualities which make a good friend.



Problems in friendships can be overcome and sometimes the friendship can be stronger afterwards.



People can decide if they want to get married or not.



Everyone is different and it is important to recognise our positive attributes.




Sometimes families experience problems and there are people who can help.



If we are worried about something which is happening to us or a friend, we should talk to an adult we trust.

Year 6 - What will my child learn?

- ▶ Understand that everyone can expect a level of respect but this can be lost.
- ▶ Understand what respect is and how they should be respected.
- ▶ Understand how stereotypes influence our ideas and opinions.
- ▶ Understand a range of stereotypes and share this information effectively.
- ▶ Create a resolution guide that includes strategies to manage conflicts and describes situations where conflict is likely to arise.
- ▶ Understand the term grief and describe some of the associated emotions.

- 
- ▶ **Key vocabulary**
 - ▶ authority
 - ▶ conflict
 - ▶ earn
 - ▶ expectation
 - ▶ grief
 - ▶ grieving
 - ▶ resolve
 - ▶ respect
 - ▶ stereotype

Year 6 - Families and relationships

Authority	A person with high status and decision making power.
Conflict	A disagreement or argument.
Earn	To gain something like respect by showing others that you are a good, trustworthy person.
Conflict	Anticipating that something will happen a certain way.
Authority	Feelings of sadness experienced after someone's death.
Grieving	A period of sadness that someone experiences when someone close to them dies.
Resolve	To find a solution to a problem.
Respect	Being thoughtful and polite towards other people.
Stereotype	A view or idea about something, often someone, which is often untrue.



Grief is a process we go through when someone dies (or we no longer see them for another reason).

Grief is different for everyone and we might need support from other people to help us deal with it.

Getting help

Talk to an adult you trust, this could be:

- someone at school e.g. teacher
- someone at home e.g. parent or older siblings
- another relative e.g. grandparent or aunty/uncle
- someone at a club or organisation you attend e.g. sports coach

Contact: Childline

www.childline.org | 0800 1111

Calls DO NOT show on the phone bill

Key facts

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Sometimes people might lose your respect but this can be returned if they change their behaviours.



Respect is an important part of relationships and we need to show others respect if we want them to respect us.

Stereotyping can happen when people have limited information about a person or group of people.



Stereotypes can have negative consequences but they can be challenged.

Conflicts can happen between people but there are strategies we can use to overcome these.

