

Sex and Relationships Education

Year 1

Families and People who Care for Me

DfE Objectives Pupils should know:

- that families are important for children growing up because they can give love, security and stability.
- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
- that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterized by love and care.
- how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advise from others if needed.

Year 1 - Lesson Objectives

Objective: To understand who is part of my family.

Outcome: I can explain through discussion or pictures who my family are.

Objective: To understand why my family are important to me.

Outcome: I can explain what my family do together and ways in which they care and support me.

Objective: To understand that other people's families are different to mine but have the same caring characteristics.

Outcome: I can explain the differences and similarities between mine and other people's families.

Books and Resources

The Family Book - Todd Parr

Families, Families, Families -
S&M Lang

Mommy, Mama and Me -
Leslea Newman

Daddy, Papa and Me -
Leslea Newman

Two Mums - C.Robertson

What type of family are we? - L.Seaton

Sex and Relationships Education

Year 2

Families and People who Care for Me

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Year 2 - Lesson Objectives

Objective: To understand and respect the diversity of other families.

Outcome: I can explain various different family dynamics.

Objective: To understand that a healthy family cares for each other.

Outcome: I can explain ways in which my family have helped and cared for me and how I have cared for pets and other family members.

Objective: To recognise when something about my family makes me unhappy or worried and what I should do about it.

Outcome: I can explain unhealthy situations within a family and tell you who I would speak to if this happened.

Books and Resources

Great Big Book of Families -
M Hoffman & R Asquith

And Tango Makes Three -
J Richardson & P Parnell

Heather has Two Mummies -
Leslea Newman

We Are family - R Wheatcroft

Under the Love Umbrella - D Bell

Sex and Relationships Education

Year 1

Caring Friendships

DfE Objectives Pupils should know:

- how important friendships are in making us feel happy and secure, and how people choose and make friends.
- the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, sharing interests and experiences and support with problems and difficulties.
- that healthy friendships are positive and welcoming towards others, and do not make people feel lonely or excluded.
- that most friendships have ups and downs, and that these can often be worked through so that friendship is repaired or even strengthened, and that resorting to violence is never right.
- how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others.

Year 1 - Lesson Objectives

Objective: To recognise who my friends are by understanding what makes a good friend.

Outcome: I can tell you who my friends are and why we are friends.

Objective: To know how important friends are to help me feel happy.

Outcome: I can give examples of things that me and my friends have enjoyed doing together

Objective: To understand that sometimes friends disagree. What I should do if this happens.

Outcome: I can give examples of how friends disagree and tell you what I would do if this happened to me.

Objective: To recognise when a friendship is making me unhappy and what to do about it.

Outcome: I can give examples of when a friendship is no longer healthy and tell you who I would go and speak to for help.

Books and Resources

SEALs topics

- Getting on and falling out
- Relationships

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Year 2

Caring Friendships

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- that healthy friendships are positive and welcoming towards others, and do not make people feel lonely or excluded.
- that most friendships have ups and downs, and that these can often be worked through so that friendship is repaired or even strengthened, and that resorting to violence is never right.
- how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others.

Year 2 - Lesson Objectives

Objective: To understand things that help make and keep new friends.

Outcome: I can explain many ways that help people make new friends.

Objective: Understand why having friends is important to my wellbeing.

Outcome: I can explain ways in which having good friendships can help me live a happier life.

Objective: To understand that sometimes friends disagree. What I should do if this happens.

Outcome: I can give examples of how friends disagree and tell you what I would do if this happened to me.

Objective: To recognise when a friendship becomes unhealthy or causes conflict and how to manage the situation.

Outcome: I can give examples of when a friendship is no longer healthy and tell you strategies I could use and people I would go and speak to.

Books and Resources

SEALs topics

- Getting on and falling out
- Relationships

A Monster Surprise - Twinkl

Sex and Relationships Education

Year 1

Respectful Relationships

DfE Objectives Pupils should know:

- the importance of respecting others, even when they are very different from them (for example physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.
- the conventions of courtesy and manners.
- the importance of self- respect and how this links to their own happiness.
- that in school and wider society they expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.

Year 1 - Lesson Objectives

Objective: To recognise that everyone is different and to respect these differences.

Outcome: I can explain in what way people can be different or similar and give examples of how I would respect everyone the same.

Objective: To understand that how we speak to other people affects how they feel.

Outcome: I can give examples of language choice and tell you how that would make someone feel.

Objective: To understand that I deserve to be treated with respect.

Outcome: I can give examples of how someone could be disrespectful and explain what I could do and who I could speak to.

Objective: To understand that it's important to be happy with who I am.

Outcome: I can tell you examples of good things about myself even if they are different to someone else.

Books and Resources

Elmer the Elephant - D McKee

It's OK to be different - Todd Parr

SEALs Good to be me resources

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Respectful Relationships

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- the conventions of courtesy and manners.
- the importance of self- respect and how this links to their own happiness.
- that in school and wider society they expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.

Year 2 - Lesson Objectives

Objective: To understand the many ways that people can be different both in our country and around the world.

Outcome: I can explain many ways in which people look or behave differently and give examples of how I would respect them all the same.

Objective: To understand the importance of courtesy and manners when speaking to everyone.

Outcome: I can give examples of good manners and explain why it's important to use them.

Objective: To understand that I deserve to be treated with respect and what to do if I am not .

Outcome: I can give examples of how someone could be disrespectful and explain what I could do and when to speak to a trusted person.

Objective: To understand that my own self respect is important to my mental well being.

Outcome: I can explain that how I feel about myself will affect my future happiness .

Books and Resources

What if we were all the same
- C.Harris

Respecting others - our values

My manners - our values

Julian is a mermaid - J. Love

A red crayon's story - M. Hall

Pink is for Boys - R.Pearlman

SEALs Good to be me

Sex and Relationships Education

Year 1

Being Safe

DfE Objectives Pupils should know:

- About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.
- That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
- How to recognise and report feelings of being unsafe or feeling bad about any adult.
- How to ask for advice or help for themselves or others, and keep trying until they are heard.
- Where to get advice e.g. family, school and/or other sources.

Year 1 - Lesson Objectives

Objective: To understand that it isn't okay to keep secrets that worry or scare me.

Outcome: I can what type of secrets shouldn't be kept and explain who I should tell.

Objective: To understand that there are private parts on my body that should only be seen or touched in certain circumstances and what I should do if someone does something that I know is wrong.

Outcome: I can give examples appropriate an inappropriate contact and explain who I would tell if I was worried or scared.

Objective: To recognise when an adult makes me feel scared or unsafe and what I should do about it .

Outcome: I can give examples of how someone could worry me and tell you who I should speak to

Objective: To understand how to speak to an unfamiliar adult if they speak to me.

Outcome: I can explain what I would do if an unfamiliar adult spoke to me, asked me to do something or worried me in any way .

Books and Resources

NSPCC Pantasaurus clip
www.NSPCC.org

My Underpants Rule - K & R Power

I won't go with strangers - D Geisler

Once Upon a Time Online - D.Bedford
& R.Reeve

Webster's Email - H.Whaley

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Year 2

Being Safe

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- about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.
- that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
- how to recognise and report feelings of being unsafe or feeling bad about any adult.
- how to ask for advice or help for themselves or others, and keep trying until they are heard.
- where to get advice e.g. family, school and/or other sources.

Year 2 - Lesson Objectives

Objective: To understand the concepts of privacy both for myself and others including adults.

Outcome: I can explain what is acceptable in respecting my privacy and that of other children and adults. I can tell you when it is not ok to keep information private.

Objective: To understand that parts of my body are private and to know the correct name for them.

Outcome: I can tell you what my private parts are called and explain the 'PANTS' rule.

Objective: To recognise when an adult makes me or someone else feel scared or unsafe and what I should do. about it .

Outcome: I can give examples of how someone could worry me or someone I know and tell you who I should speak to.

Objective: To understand how to speak to an unfamiliar adult if they speak to me.

Outcome: I can explain what I would do if an unfamiliar adult spoke to me, asked me to do something or worried me in any way .

Objective: To understand the importance of making sure you have been heard when disclosing information to a trusted adult.

Outcome: I can explain what I would do if I had approached someone for help and nothing had been done about it.

Books and Resources

NSPCC Pantasaurus clip

CEOP Lee and Kim (Computing)

#Golidlocks - A Cautionary Tale - J.Willis & T.Ross

I said no - Z & K King

It's my body - L. Spilsbury