

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.

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 can help others when they are feeling sad.



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

BOY

GIRL

People can have stereotyped ideas about boys and girls.

We all experience different feelings and emotions.



Getting help

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

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



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 – 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.

Families help other in each 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.



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

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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 – 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.

Different manners are needed in different situations.

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



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.

Getting help

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

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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.

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

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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 – 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.
Grief	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.

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.



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

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

