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**A Time for Us - Autumn 1 - Positive Relationships**

**(Bounce Back - Make your Move** - I'll be focusing on having positive relationships or tackling difficult ones)

**(Relationships - families and close positive relationships, friendships)**

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| EYFS | Personal, Social and Emotional Development - Making Relationships |
| Year 1 | Roles of different people; families; feeling cared for |
| Year 2 | Making friends; feeling lonely and getting help |
| Year 3 | What makes a family; features of family life |
| Year 4 | Positive friendships, including online |
| Year 5 | Managing friendships and peer influence |
| Year 6 | Attraction to others; romantic relationships; civil partnership and marriage |

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| EYFS | **Families and friendships**  • about people who care for them e.g. parents, siblings, grandparents, relatives, friends, teachers  •what a positive relationship looks like with adults and other children  •how to play co-operatively, and take turn with others.  •how to listen to one another's ideas about how to organise an activity  •how to be sensitive towards others' needs and feeling. |
| Year 1 | **Families and friendships Roles of different people; families; feeling cared for**  • about people who care for them, e.g. parents, siblings, grandparents, relatives, friends, teachers  • the role these different people play in children’s lives and how they care for them  • what it means to be a family and how families are different, e.g. single parents, same-sex parents, etc.  • about the importance of telling someone — and how to tell them — if they are worried about something in their family |
| Year 2 | **Families and friendships Making friends; feeling lonely and getting help**  • how to be a good friend, e.g. kindness, listening, honesty  • about different ways that people meet and make friends  • strategies for positive play with friends, e.g. joining in, including others, etc.  • about what causes arguments between friends  • how to positively resolve arguments between friends  • how to recognise, and ask for help, when they are feeling lonely or unhappy or to help someone else |
| Year 3 | **Families and friendships What makes a family; features of family life**  • to recognise and respect that there are different types of families, including single parents, same-sex parents, step-parents, blended families, foster and adoptive parents  • that being part of a family provides support, stability and love  • about the positive aspects of being part of a family, such as spending time together and caring for each other  • about the different ways that people can care for each other e.g. giving encouragement or support in times of difficulty  • to identify if/when something in a family might make someone upset or worried  • what to do and whom to tell if family relationships are making them feel unhappy or unsafe |
| Year 4 | **Families and friendships Positive friendships, including online**  • about the features of positive healthy friendships such as mutual respect, trust and sharing interests  • strategies to build positive friendships  • how to seek support with relationships if they feel lonely or excluded  • how to communicate respectfully with friends when using digital devices  • how knowing someone online differs from knowing someone face to face and that there are risks in communicating with someone they don’t know  • what to do or whom to tell if they are worried about any contact online |
| Year 5 | **Families and friendships Managing friendships and peer influence**  • what makes a healthy friendship and how they make people feel included  • strategies to help someone feel included  • about peer influence and how it can make people feel or behave  • the impact of the need for peer approval in different situations, including online  • strategies to manage peer influence and the need for peer approval e.g. exit strategies, assertive communication  • that it is common for friendships to experience challenges  • strategies to positively resolve disputes and reconcile differences in friendships  • that friendships can change over time and the benefits of having new and different types of friends  • how to recognise if a friendship is making them feel unsafe, worried, or uncomfortable  • when and how to seek support in relation to friendships |
| Year 6 | **Families and friendships Attraction to others; romantic relationships; civil partnership and marriage**  • what it means to be attracted to someone and different kinds of loving relationships  • that people who love each other can be of any gender, ethnicity or faith  • the difference between gender identity and sexual orientation and everyone’s right to be loved  • about the qualities of healthy relationships that help individuals flourish  • ways in which couples show their love and commitment to one another, including those who are not married or who live apart  • what marriage and civil partnership mean e.g. a legal declaration of commitment made by two adults  • that people have the right to choose whom they marry or whether to get married  • that to force anyone into marriage is illegal  • how and where to report forced marriage or ask for help if they are worried |