

Relationships

Intent – Overview

We teach children about their relationships with other individuals and their relationship with themselves so they understand what healthy and unhealthy relationships look like. By teaching children what they should expect from others, they are better able to understand when they are part of an unhealthy relationship, and therefore more likely to seek help. Teaching children how to be a good friend, how to respect boundaries, and how to relate to others, will allow them to form stronger, happier relationships throughout the duration of their lives, which will support their emotional wellbeing.

Intent – Year 5

Families and Friendships

By Year 5, some children are starting to develop an understanding of who they are. Building on the work from Year 5, we teach children how a good friend should treat a person, with an appreciation of who they are, to help children to navigate discussions with their friends in years to come. We build on previous discussions of how we can be impacted by others, and make sure the children know that their decisions are their own – they need to be aware that peer pressure exists, and we need to teach them strategies to deal with that when it arises. We continue to teach children how team work can benefit everyone's lives, giving them skills and knowledge they will need in a multitude of future endeavours.

Safe Relationships

We continue discussions on how our bodies are our own and we have the right to say no, and we ensure they understand what consent is. This will enable the children to understand how to approach each other as they grow older, and to understand that they need to have consent for any physical contact with another person. We also discuss ChildLine, and what they can do for children, so children can use the service either at the time or in future, providing another avenue for any child who needs it to seek help.

Respecting ourselves and others

Children are constantly exposed to a media that still often demonstrates a 'perfect' body. Whilst there is a demand for change in representation, and some movement to demonstrate this, there is still a pervading message of how we are each supposed to look. By recognising this in school, and opening up discussion on why this is not true, we are able to demonstrate to children that each of us have different bodies, and that this is something to celebrate, not change. We continue discussions on the respect given to others, ensuring that the message is clear and consistent across all year groups.

	Families and Friendships	Safe Relationships	Respecting ourselves and others
Year 5	<p><u>Recap</u> All relationships should make you feel safe, happy and healthy. Treat one another with respect and kindness. Remember, always look for support and advise when you feel uncomfortable about any situation.</p> <p><u>Crucial</u> Good friends will be respectful to each other and accept them for who they are, regardless of their biological sex, gender expression and orientation. Make sensible decisions. Know that peer pressure can make us choose the wrong decisions. Teams work best when all members have the opportunity to talk and do their best to listen to what others in their team have to say.</p> <p><u>Extended</u> Teams work well when the members of the team can give and receive constructive feedback.</p>	<p><u>Recap</u> No one should ask them to keep a secret that makes them feel uncomfortable or try to persuade them to keep a secret they are worried about</p> <p>If there is an accident and someone is hurt, shout as loud as you can for help. If there are no grown-ups to help, you can ring 999.</p> <p>If there is no grown-up around and you need to ring 999, tell them where you are, and what the problem is. They will stay on the phone with you to give you help until someone arrives.</p> <p><u>Crucial</u> Our bodies belong to us and we can decide whether we want others to touch us or not and this is called consent. It is never someone's fault if they have experienced unacceptable contact If you are feeling worried about something and do not feel comfortable telling an adult you know, you can contact Childline to ask for support. The number for children to call to speak to Childline is 0800 1111.</p> <p><u>Extended</u> Autonomy means to be free from the control or influence of others.</p>	<p><u>Recap</u> Accept differences and celebrate individuality. We are all equal.</p> <p><u>Crucial</u> There is no such thing as 'the perfect body'. People come in all different shapes and sizes. Everyone should be treated fairly and given the same opportunities.</p> <p><u>Extended</u> Kindness to all, regardless of race, religion and gender.</p>

