



Knowledge Organiser

Year: 5 Subject: RSHE Block 1 Relationships

Unit: Families and people who care for me; Caring friendships; Respectful relationships

Overview:

During this sequence of learning, pupils will explore different contexts in which families can be stable and caring. They will identify healthy friendships, recognising the skills to manage and maintain healthy friendships. They will look at the correct terms associated with gender and sexuality and understand using these words to be unkind is homophobic, biphobic and /or transphobic bullying which is unacceptable.

What should I already know?

- Families can be similar or different, for example some people have one mum, two mums, a mum and a dad, a step dad, foster parents or live with grandparents.
- To listen to others and manage conflict; how to manage peer pressure and who and how I can ask for help to keep me or others safe.
- Understand being different should feel positive and we should celebrate our similarities and differences.
- Gender stereotypes should be challenged and I should not change things I want to do to avoid people being unkind to me.

Vocabulary:

Caring	Being kind and giving emotional support to others.
Young carers	Child under 18 who has caring responsibilities for a family member or friend.
Friendship	Close relationship between two people
Relationship	The way in which two or more people are connected
Unhealthy	Not good for you or not acceptable
Unsafe	Dangerous or risky
Gender	Characteristics or ideas of being a boy or girl.
Sex	Biological differences between boys and girls
Intersex	Having both male and female sex organs
Transgender	Feeling you are a different gender to the sex you were given at birth
Gay	Physically attracted to people of the same sex
Lesbian	Woman physically attracted to other women

What will I know by the end of the unit?

- Ways in which my family show care for each other and how care supports stable, happy families. Acknowledge how it feels when someone shows me they care for me and how it feels when I show someone I care for them.
- Appreciate the responsibilities that young carers have; it is hard work and they have less free time than other children. It is important young carers are looked after too.
- There are different types of relationships and people behave differently within relationships, including acceptable and unacceptable behaviours. For example, it is unacceptable to lie to you or make you feel bad about yourself.
- Skills needed to form and maintain positive and healthy relationships. Healthy relationships help me feel confident and mostly happy.
- Some friendships can feel unhealthy or unsafe and it is important to recognise this is unacceptable. If I am finding a relationship difficult to manage, it is helpful to be honest and talk to someone I trust.
- Gender identity is how much you feel like a boy or girl and people can love someone of the same or opposite sex. It is never acceptable to be unkind to another person because of their identity or who they fall in love with.
- The correct terms to describe gender identity and sexual orientation and know not to use derogatory terms. Everyone has different identities and this is OK.