

## 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:

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| 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   |

### 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. Families can have different dynamics in terms of marriage. 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

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| 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  |

<p>different identities and this is OK.</p> <ul style="list-style-type: none"> <li>• Understanding of what it means to be transgender and the emotions and feelings that can be associated with this.</li> <li>• There are 7 protected characteristics. These are age, race, religion, sex, sexual orientation, marriage and disability.</li> </ul>	<p>Homophobic</p> <p>Transphobic</p>	<p>to other women</p> <p>Having or showing a strong dislike against gay people</p> <p>Having or showing a strong dislike against transgender people</p>
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