

Overview:

During this sequence of learning pupils will be encouraged to ask for help if something about their family is making them feel sad, worried, or scared. Pupils will explore how telling a trusted adult reduces risk and improves their family situation. Pupils will consider how to be respectful and empathetic towards differences. Pupils will consider how new situations in relation to working with different people can make them feel and to consider coping strategies if this is something they find difficult. Pupils will explore how families can look different and that it is important to respect them all and they will develop an understanding of the importance of respectful relationships.

What should I already know?

- Safe hands mean using gentle hands and keeping my hands to myself.
- My actions can make people feel happy, sad, scared, or safe.
- Everyone has personal space, and I should respect it by not touching or standing too close without permission.
- Bullying is when someone keeps being unkind on purpose.
- People who are being bullied may feel sad, scared, or lonely.
- Unkind or unfair behaviour can hurt people's feelings.
- I can be an ally by standing up for others, including people who are left out, and telling an adult if someone needs help.
- If I find it hard to make friends, I can ask an adult for help or try joining in with a game.
- Unkind words can make people feel sad or worried.
- I can choose to use kind, gentle, and respectful words to help others feel good.
- Good friendships make me feel happy, safe, and cared for.
- Sometimes friends might argue or disagree, and that's normal.

Vocabulary:

Relationship	Two or more people are connected	
Worries	Feeling anxious or troubled about a problem.	
Family	A group of one or two parents and a child.	
Risk	A situation involving danger	
Respect	A feeling of deep admiration	
Empathetic	To understand someone's feelings	

What will I know by the end of the unit?

• family is a group of people who care for me and look after me. • Families can look different for everyone, and that's okay. • Families can make us feel happy, loved, safe, or sometimes worried. • All feelings are normal, and it's okay to talk about them. • If I feel worried at home, I can talk to a trusted adult like a teacher or another family member. • Self-worth means knowing I am important and special. • We all have things that make us the same and things that make us different. • Respect means treating people kindly and fairly. • Empathy means trying to understand how someone else feels. • Working together helps us learn new things and solve problems. • A relationship is a connection I have with someone, like a friend or family member.	Differences Resilience	Things that are not the same Recover from something quickly
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