

## St. Anne's Catholic Primary School- RSHE: A Journey In Love

YEAR GROUP	JOURNEY IN LOVE	DFE GUIDANCE
<p><b>EARLY YEARS</b></p> <p>To explore the wonder of being special and unique.</p>	<p><u>Social &amp; Emotional</u>: to recognise the joy of being a special person in my family.</p> <p><u>Physical</u>: to recognise that we are all different and unique.</p> <p><u>Spiritual</u>: to celebrate the joy of being a special person in God's family.</p>	<p><u>Families and people who care for me.</u></p> <p>Families are important for children growing up because they can give love, security and stability. That others' families sometimes look different from their family but that they should respect those differences and know that other children's families are also characterised by love and care. <u>Caring friendships.</u></p> <p>How important friendships are in making us feel happy and secure and how people choose and make friends.</p> <p><u>Respectful relationships.</u></p> <p>The importance of respecting others, even when they are very different from them or make different choices or have different preferences or beliefs. <u>Being safe.</u></p> <p>How to recognise and report feelings of being unsafe or feeling bad about any adult. How to ask for advice or help for themselves or others. How to report concerns and the vocabulary and confidence needed to do so.</p>
<p><b>YEAR 1</b></p> <p>To focus on families and specially growing up in a loving, secure and stable home.</p>	<p><u>Social &amp; Emotional</u>: to recognise the signs that I am loved in my family.</p> <p><u>Physical</u>: to recognise how I am cared for and kept safe in my family.</p> <p><u>Spiritual</u>: to celebrate ways that God loves and cares for us.</p>	<p><u>Families and people who care for me.</u></p> <p>The characteristics of a healthy family life: commitment to each other, including in times of difficulty, protection and care for children including other family members, the importance of spending time together and sharing each other's lives.</p> <p><u>Caring friendships.</u></p> <p>That healthy relationships are positive and welcoming towards others and do not make others feel lonely or excluded. How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help / advice from others, if needed. <u>Respectful relationships.</u></p> <p>The conventions of courtesy and manners. The importance of self-respect and how this links to their own happiness. About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders and how to get help.</p> <p><u>Online relationships.</u></p> <p>The same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online. <u>Being safe.</u></p> <p>The importance of respecting others, even when they are very different from them, or make different choices or have different preferences or beliefs. The concept of privacy and the implications of it for both children and adults. Not always right to keep secrets. Each person's body belongs to them, understanding differences between appropriate and inappropriate contact. How to respond safely to adults they may not know.</p>

<p><b>YEAR 2</b></p> <p>To describe how we are growing and developing in diverse communities that are God-given.</p>	<p><u>Social &amp; Emotional:</u> to recognise the joy and friendship of belonging to a diverse community.</p> <p><u>Physical:</u> to describe ways of being safe in communities.</p> <p><u>Spiritual:</u> to celebrate ways of meeting God in our communities.</p>	<p><u>Families and people who care for me.</u> That others' families sometimes look different from their family but that they should respect those differences and know that other children's families are also characterised by love and care.</p> <p><u>Caring friendships.</u> How important friendships are in making us feel happy and secure; and how people choose and make friends.</p> <p><u>Respectful relationships.</u> Practical steps they can take in a range of different contexts to improve or support respectful relationships. That in school and in wider society they can expect to be treated with respect by others and in turn, they should show due respect to others, including those in positions of authority.</p>
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<p><b>YEAR 3</b></p> <p>To describe and give reasons for how we grow in love, in caring and happy friendships where we are secure and safe.</p>	<p><u>Social &amp; Emotional:</u> to describe and give reasons how friendships make us feel happy and safe.</p> <p><u>Physical:</u> to describe and give reasons why friendships can break down, how they can be repaired and strengthened.</p> <p><u>Spiritual:</u> to celebrate the joy and happiness of living in friendship with God and others.</p>	<p><u>Families and people who care for me.</u> Those stable, caring relationships, which may be of different types, are at the heart of happy families and are important for children's security as they grow up. How to recognise if family relationships are making them feel unhappy or unsafe and how to seek help or advice if needed. <u>Caring friendships.</u> The characteristics of friendships: sharing interests and experiences; and support with problems and difficulties. That most friendships have ups and downs, and that these can be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. <u>Respectful relationships.</u> The conventions of courtesy or manners. The importance of self-respect and how this links to their own happiness. The importance of permission seeking and giving in relationships with friends, peers and adults. <u>Online relationships.</u> Sometimes people may behave differently online including by pretending to be someone they are not. How to critically consider their online friendships and sources of information, including awareness of the risks associated with people they have never met.</p> <p><u>Being safe.</u> What sort of boundaries are appropriate in friendships with peers online? How to respond safely to others / adults they may not know.</p>

<p><b>YEAR 4</b></p> <p>To make links and connections to show that we are all different. To celebrate these differences as we appreciate that God's love accepts us as we are now and as we change</p>	<p><u>Social &amp; Emotional:</u> to describe how we all should be accepted and respected.</p> <p><u>Physical:</u> to describe how we should treat others making links with the diverse modern society we live in.</p> <p><u>Spiritual:</u> to celebrate the uniqueness and innate beauty of each of us.</p>	<p><u>Families and people who care for me.</u></p> <p>Stable, caring relationships, which may be of different types, are at the heart of happy families and are important for children's security as they grow up. That others' families sometimes look different from their family but that they should respect those differences and know that other children's families are also characterised by love and care.</p> <p><u>Caring friendships.</u></p> <p>How to recognise who to trust and who not to trust, how to judge when a friendship is making them unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice if needed. <u>Respectful relationships.</u></p> <p>What a stereotype is and how stereotypes can be unfair, negative or destructive. The importance of permission seeking and giving in relationships with friends, peers and adults.</p> <p><u>Being safe.</u></p> <p>How to recognise and report feelings of being unsafe or feeling bad about any adult. How to ask for advice or help for themselves or others. How to report concerns and the vocabulary and confidence needed to do so and where to get advice. The concept of privacy and the implications for both children and adults. It is not always right to keep secrets.</p>
<p><b>YEAR 5</b></p> <p>To show a knowledge and understanding of how we grow in awareness of the physical and emotional changes that accompany puberty, sensitivity, mood swings, anger, boredom, etc, and grow further in</p>	<p><u>Social &amp; Emotional:</u> to show knowledge and understanding of emotional relationship changes as we grow and develop.</p> <p><u>Physical:</u> to show knowledge and understanding of the physical changes in puberty in boys and girls.</p>	<p><u>Families and people who care for me.</u></p> <p>That those stable, caring relationships, which may be of different types, are at the heart of happy families and are important for children's security as they grow up.</p> <p><u>Caring friendships.</u></p> <p>The characteristics of friendships: sharing interests and experiences; and support with problems and difficulties. That most friendships have ups and downs, and that these can be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.</p>
<p>recognising God's presence in our daily lives.</p>	<p><u>Spiritual:</u> to celebrate the joy of growing physically and spiritually.</p>	<p><u>Respectful relationships.</u></p> <p>About different types of bullying, the impact of bullying, responsibilities of bystanders and how to get help. What a stereotype is and how stereotypes can be unfair, negative or destructive. The importance of permission seeking and giving in relationships with friends, peers and adults.</p> <p><u>Online relationships.</u></p> <p>How to critically consider their online friendships and sources of information, including awareness of the risks associated with people they have never met. The rules and principles for keeping safe online, how to recognise risks, harmful content and contact and how to report them.</p> <p><u>Being safe.</u></p> <p>What sorts of boundaries are appropriate in friendships with peers and others? Each person's body belongs to them, understanding differences between appropriate and inappropriate contact.</p>

<p><b>YEAR 6</b></p> <p>To develop a secure understanding of what stable, caring relationships are and the different kinds there may be.</p> <p>Focussing on Catholic teaching, children will also know and understand about the conception of a child within marriage.</p>	<p><u>Social &amp; Emotional:</u> to develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families.</p> <p><u>Physical:</u> To explain how human life is conceived.</p> <p><u>Spiritual:</u> to show an understanding of how being made in the image and likeness of God informs decisions and actions when building relationships with others, including life-long relationships.</p>	<p><u>Families and people who care for me.</u></p> <p>That marriage represents a formally and legally recognised commitment of two people to each other, which is intended to be lifelong.</p> <p><u>Caring friendships.</u></p> <p>That healthy friendships are positive and welcoming towards others and do not make others feel lonely or excluded. That most friendships have ups and downs, and that these can be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.</p> <p><u>Respectful relationships.</u></p> <p>The importance of respecting others, even when they are very different from them or make different choices or have different preferences or beliefs. Practical steps they can take in a range of different contexts to improve or support respectful relationships. The conventions of courtesy or manners. The importance of self-respect and how this links to their own happiness. That in school and in wider society they can expect to be treated with respect by others and in turn, they should show due respect to others, including those in positions of authority. About different types of bullying, the impact of bullying, responsibilities of bystanders and how to get help. What a stereotype is and how stereotypes can be unfair, negative or destructive. The importance of permission seeking and giving in relationships with friends, peers and adults.</p> <p><u>Online relationships</u></p> <p>How to critically consider their online friendships and sources of information, including awareness of the risks associated with people they have never met. The rules and principles for keeping safe online, how to recognise risks, harmful content and contact and how to report them. Sometimes people act very differently online, including pretending to be someone they are not. Understand how data is shared and used online.</p> <p><u>Being safe.</u></p> <p>How to recognise and report feelings of being unsafe or feeling bad about any adult. How to ask for advice or help for themselves or others. How to report concerns and the vocabulary and confidence needed to do so and where to get advice. What sorts of boundaries are appropriate in friendships with peers and others? Each person's body belongs to them, understanding differences between appropriate and inappropriate contact.</p>
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