

## 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 6

#### Families and Friendships

Children at this age are mature enough to understand the difference between gender identity and sexual orientation. We feel it is important to provide children with the opportunity to discuss these topics in a safe space that they feel comfortable in, so they have the opportunity to ask questions before they go to high school. We also discuss what marriage is, and talk about forced marriage. We believe this is very important – in 2020, 26% of victims in reported cases in the UK were under the age of 18

(<https://www.gov.uk/government/statistics/forced-marriage-unit-statistics-2020/forced-marriage-unit-statistics-2020>). By ensuring children know what it is, and what they can do, they are in a better position to protect themselves and others if the situation arises.

#### Safe Relationships

#### Respecting ourselves and others

	Families and Friendships	Safe Relationships	Respecting ourselves and others
Year 6	<u>Recap</u>  <b>Trust, respect</b> and kindness make a good friendship  <u>Crucial</u>  Gender identity is the gender that you think you are, where sexual	<u>Recap</u>  One of the biggest signs of an <b>unhealthy friendship</b> is one which makes you <b>feel bad about yourself</b> rather than good about yourself.	<u>Recap</u>  <u>Crucial</u>  Not all anger is <b>unhealthy</b> or <b>destructive</b> . Different <b>calming down</b> strategies

	<p>orientation is the gender you are attracted to.</p> <p>Everyone has the right to be loved.</p> <p>People can show their commitment to each other in many different ways.</p> <p>Marriage is the legal union of two people as a partnership.</p> <p>It is illegal to force someone to get married.</p> <p>You can contact the forced marriage unit to report a forced marriage, and you can ring them to ask for help. If it is an emergency and you need help right away, you can ring 999.</p> <p><u>Extended</u></p> <p>Some people choose to get married, others don't.</p> <p>Some people choose to live together, others don't.</p> <p>It is your choice how you choose to show commitment to someone, and you should respect other people's choices.</p>	<p><u>Crucial</u></p> <p>When a <b>conflict</b> gets out of hand, it can <b>help</b> to involve a <b>trusted adult</b>.</p> <p><b>Peer pressure</b> can cause someone to <b>doubt</b> themselves and can lead to them having <b>lower self-esteem</b>.</p> <p>Keeping a <b>secret</b> can be very <b>stressful</b>, especially if it leads to telling <b>lies</b>.</p> <p>You can be <b>close friends with</b> someone who hold <b>different opinions</b> and who has <b>different interests</b>.</p> <p><u>Extended</u></p> <p>Sometimes <b>people disagree</b> because they have been <b>exposed to different 'facts'</b> which further support their <b>differing opinions</b>.</p>	<p>work for different people; find the best one for you. It is completely <b>normal</b> to have fall-outs and <b>disagreements</b> with our friends and family; we just need effective techniques for <b>resolving</b> these disputes.</p> <p>If we are <b>upset</b> with one of our friends or family, it is important to <b>tell them</b> – otherwise they might not realise what <b>the problem</b> is.</p> <p><u>Extended</u></p>
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