

PSHE	Relationship Education	Year 2	Autumn 1
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Key Knowledge

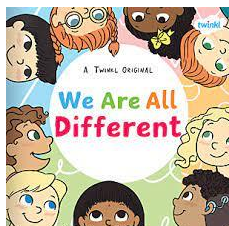
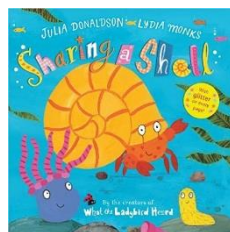
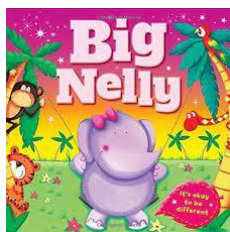
The importance of good friendships	<ul style="list-style-type: none"> • What makes a good friend • How a good friend can help to improve our lives • The difference reasons why it is important to have good friends
How friendships should make us feel	<ul style="list-style-type: none"> • The signs of a healthy friendship • The signs of an unhealthy friendship • How to resist pressure from others • How to ask for help and support if needed
The importance of trust	<ul style="list-style-type: none"> • What trust means • Examples of trust within friendships
Respecting differences	<ul style="list-style-type: none"> • What differences exist between us and our friends • How our differences make our friendships interesting • That we respect other people’s differences regardless of what they are
Ways to resolve conflicts	<ul style="list-style-type: none"> • Types of conflicts that might arise • Different strategies to resolve conflicts calmly and peacefully
E-Safety	<ul style="list-style-type: none"> • How rules and restrictions keep us safe • What information is personal and what should be kept private • How to report concerns

Statutory requirements

- How important friendships are in making us feel happy and secure.
- The characteristics of friendships.
- That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened.
- How to recognise who to trust and who not to trust.
- How to judge when a friendship is making them feel unhappy or uncomfortable and how to seek help or advice from others, if needed.
- The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.
- How to ask for advice or help for themselves or others, and to keep trying until they are heard.

Key vocabulary

Spelling	Definition
Friend	A person that someone likes and knows
Peer Pressure	A feeling that you have to do something because people around you expect or want you to do it
Healthy	Good or well
Unhealthy	No good or unwell
Trust	A belief in the truth of someone or something
Differences	What makes two or more people or things not the same
Respect	Acting in a way that shows you care about someone or somethings well-being and feelings
Conflict	A disagreement or struggle
Restrictions	Limiting or controlling something or someone



Books

Igloo books	Big Nelly
Julia Donaldson and Lydia Monks	Sharing an shell
TWINKL	We are all different