

RSHE: Relationships

Key concepts covered: what makes a good friend, what is bullying, why does resilience matter in our relationships, to recognise safe and unsafe situations, what is personal space

Skills covered: thinking critically, explaining risks, knowing how to report/share concerns

Key vocabulary

- Friendship
- Kindness
- Trustworthy
- PANTS
- Bullying
- Resilience
- Trusted adult
- Personal space
- Unsafe

Must—know knowledge

- You must be kind, caring, generous, a good listener and trustworthy in order to be a good friend.
- Know that anything covered by your pants is private and your body belongs to you.
- To know and understand what bullying is and what to do if it takes place.
- To know why resilience is important in relationships and how to resolve conflict.
- To recognise safe and unsafe situations and know how these make our body feel.
- To know to tell a trusted adult if you have been in an unsafe situation.
- To know what personal space is.

