

Relationships and Health Education

Key vocabulary

Relationship

Qualities

Respect

Care

Kindness

Safety

Protection

Emotions

Trusted adults

Feelings

Must—know knowledge

- I know that I must be respectful to other people.
- I know the qualities of someone special includes being kind, helpful and respectful. It is also important to understand how they can help you.
- I know that friends, family and teachers are different and have different roles in my life.
- I understand that parents look after their children at home and teachers look after children at school.
- I know that if I feel unsafe I can speak to trusted adults at home or at school.
- I understand that talking about my feelings is good and I can have a range of feelings throughout the day.



Protected Characteristics

Treat people equally and respectfully.

