

PSHE Year One

Relationships Knowledge Organiser

Pupils will learn:



Families and Friendships	Safe Relationships	Respecting Ourselves and Others
People who care for us include parents, siblings, grandparents, relatives, friends, teachers. The role these different people play in our lives and how they care for us. What it means to be a family and how families are different, e.g. single parents, same-sex parents, etc. It is very important to tell someone if they are worried about something in their family. How to tell someone if they are worried - (what words to use and who to talk to).	Situations when someone's body or feelings might be hurt and whom to go to for help. What it means to keep something private, including parts of the body that are private. To identify different types of touch and how they make people feel (e.g. hugs, tickling, kisses and punches). How to respond if being touched makes them feel uncomfortable or unsafe - by saying no or talking to a trusted adult. Situations when it is important to ask for permission to touch others. How to ask for and give/not give permission. For example, "Can I have a hug please?" Or "No please stop doing that".	What kind and unkind behaviour is in and out school - unpleasant comments and hitting is unkind, but paying compliments and including people is kind. How kind and unkind behaviour can make people feel (included, special, unhappy, alone). Respect means treating someone fairly and with kindness and politeness. What are our class rules, they should include being polite to others, sharing and taking turns.

Vocabulary

Care	Permission
Family	Kindness
Worries	Polite
Feelings	Respect
Private	Rules
Touch	

Resources

Big Book of Families

No means No and My Body What I Say Goes (picture books recommended by NSPCC).

Suggested Activities

Circle Time

Drawings to represent their own family

Story Time

Role Play

Sorting/flash cards