

# Progression in PSHE: Me and My Relationships

## EYFS:

In Early Years, the children will recognise that they are unique (special) and identify their strengths. Children will learn about feelings and begin to discuss how to manage feelings as well as what causes them. They will explore people who are special/important to them and people who can help them (**trusted adults**). Children will learn about families and that every family is different

## LKS2

Children will build on their knowledge of feelings by understanding different strategies that can help them to overcome or manage their feelings. Children will understand **empathy** through recognising that feelings can affect people in different ways. Children will begin to explore the importance of team work (**collaboration**) and how to communicate with each other effectively. As the children explore further about **bullying**, children will learn about 'saying no' and being **assertive**. Children will learn about how to handle situations in a controlled way. Children will continue to explore qualities and values of a good friend as well as learning about **respect** for peoples' opinions. They will continue to learn about healthy relationships and how to manage these effectively. Children will learn more about **bullying**: recognising bullying, supporting peers and signposting.



## KS1

Children will build on their knowledge of feelings by looking at how the feelings affect the body as well as how they express their feelings. Children will learn strategies to deal with different feelings including safety. Children will learn further about seeking help (**trusted adults**) as well as begin to explore the definition of **bullying** and recognising the difference between bullying and falling out. Children will explore special qualities people have like friends and family as well as exploring how to recognise when people are being unkind and hurtful. Children will learn about healthy relationships and talking to **trusted adults** about how people are making them feel.

## UKS2

Children will build on their knowledge of feelings: recognising and managing feelings effectively as they grow up and face challenges. Children will continue to explore the importance of **assertiveness** in order to keep themselves happy and safe. They will explore the idea of **negotiation** and **compromise** in order to manage friendships and resolve arguments/disagreements. Children will have the opportunity to reflect on their behaviour, attitudes and qualities in order to have healthy relationships with others. Children will learn about warning signs of an unhealthy relationship and further develop their understanding of being **assertive** in order to keep themselves safe from peer pressure. Children will learn about **safe** and **unsafe touches** as part of their healthy relationship learning as well as where to seek help if they experience inappropriate or illegal touches (**trusted adults**). Children will continue to learn about **bullying** including the definition of a **bystander**.