

RSHE Knowledge Organiser

Year 1: Relationships



People who help us and where to ask for help:

- Speak to a parent, carer or an adult you trust
- Speak to a teacher, assistant or school nurse

Families and Friendships

Roles of different people; Families;
Feeling cared for

All families are **different** (single parents, same-sex parents, etc.). They might look like this:



All of these people **care** for us and are **important** in our lives. E.g. **parents**, siblings, grandparents, relatives, friends, teachers.



If you are **worried** about something in your family, you can **tell** the people above to try and help make it better for you.

Key Vocabulary

family	friends	worried
important	care	different
parents	tell	relationships

Safe Relationships

Recognising privacy; staying safe;
seeking permission

Always remember your body belongs to you and you can choose what happens with your body.

The parts of our body under our underwear are private. That means no one should be allowed to see or **touch** them without **permission**.



When someone's body or feelings might be **hurt** and we feel **unsafe**, we should tell the adults we **trust**.

Some forms of touch are **appropriate** like hugs, tickling and kisses but it is important to know the difference between what is **appropriate** and what is **inappropriate**.

We **respect** others by allowing them to keep their body parts **private**. We should ask for **permission** before we **touch** others.

You have the right to say '**no**' to unwanted touch.

Key Vocabulary

hurt	no	private
touch	unsafe / safe	trust
appropriate	inappropriate	permission

Respecting Ourselves and Others

Recognising privacy; staying safe;
seeking permission

Our star qualities make us **special**. We are all different and that is something to be celebrated.

Respect means treating other people and their beliefs with care and understanding.

Telling a friend what we appreciate about them makes them feel good. This is called a **compliment**.

Being kind makes people **happier**.

You can never run out of **kindness**. Kindness is like a boomerang, when we give it, it usually comes back to us.

Our **behaviour** can affect other people. It is important to be **polite**, **share** and take turns when working with others or as part of a **team**.

We learn best by listening, seeing things or doing things.



Key Vocabulary

special	respect	happier
polite	share	compliment
team	kind / unkind	behaviour

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Year 2: Relationships



People who help us and where to ask for help:

- Speak to a parent, carer or an adult you trust
- Speak to a teacher, assistant or school nurse

Families and Friendships

Making friends; feeling lonely and getting help

Pay your friend a **compliment** if they are feeling down. It could even cheer them up!



We can play **positively** with others by joining in and including others.

Caring for others is good for our **well-being**. It helps us to feel happier and calmer.

We understand what causes **disagreements** and can work them out with others positively.

When we are feeling **lonely** or unhappy, we should always tell a friend or a trusted adult.

Key Vocabulary

friend	compliment	positively
caring	well-being	disagreement
agree	lonely	honest

Safe Relationships

Managing secrets; resisting pressure and getting help; recognising hurtful behaviour

We need to be aware of **strangers** when we are using **online** content or tools.

Make sure you tell a **trusted adult** if you need help or see something **online** that worries, scares or upsets you.

Secrets are not the same as surprises. If a secret upsets you, you should **tell** an adult you **trust**.

Bullying is purposely hurting someone else. Bullying is **REPETITIVE** – which means it happens again and again.

Bullying can be **physical, verbal or mental**.



Key Vocabulary

true/untrue	strangers	online
trusted adult	secrets	trust
bullying	repetitive	physical

Respecting Ourselves and Others

Recognising things in common and differences; playing and working cooperatively; sharing opinions

We all **belong** to different groups and **communities**. Groups and communities help us to feel **included**.

We are all **unique** and **special**. People have different beliefs, families, and ages, come from different places, wear different clothes, have different abilities and interests, look different and do things in different ways.



Friends can have both **similarities** and **differences**.

It is important to treat all people with **kindness** and **respect**.

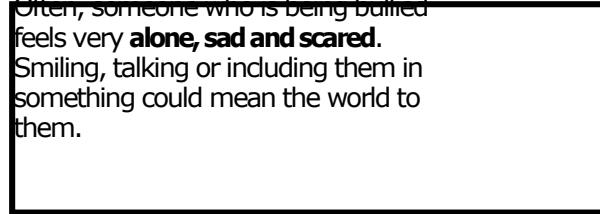
We should **share** ideas and **listen** to others, take part in discussions, and give reasons for our views.

Cooperating with others means working together, sharing, listening, helping others and looking after everyone's feelings.

A good **friend** is someone who looks after our feelings, listens to our worries, and helps us to feel safe and someone who is **honest**.



Often, someone who is being bullied feels very **alone, sad and scared**. Smiling, talking or including them in something could mean the world to them.



Key Vocabulary		
<i>belong</i>	<i>community</i>	<i>unique</i>
<i>special</i>	<i>similarities</i>	<i>differences</i>
<i>co-operate</i>	<i>respect</i>	<i>share</i>

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Year 3: Relationships



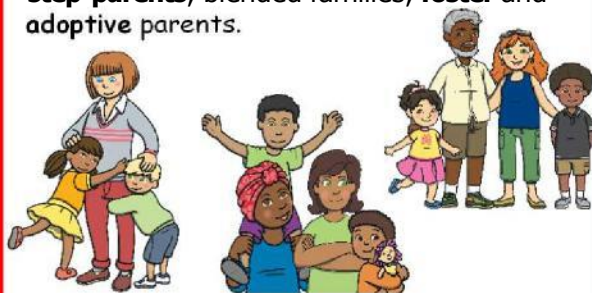
People who help us and where to ask for help:

- Speak to a parent, carer, teacher, assistant or an adult you trust
- If you are feeling worried about something and do not feel comfortable telling an adult, contact **Childline** to ask for support. **Childline** :0800 1111 www.childline.org.uk

Families and Friendships

What makes a family; features of family life

There are different types of families, including **single parents**, **same-sex** parents, **step-parents**, blended families, **foster** and **adoptive** parents.



Being part of a family provides, love, stability and love.

Families can support you in times of difficulty and also **encourage** you in the things you do.

Being part of a family means you can spend time with the people you love and care for each other.

If family **relationships** are making you feel unhappy or unsafe, you should talk to a trusted adult.

Key Vocabulary

<i>single parent</i>	<i>same-sex</i>	<i>step-parents</i>
<i>foster parents</i>	<i>adoptive</i>	<i>support</i>
<i>stability</i>	<i>encourage</i>	<i>relationships</i>

Safe Relationships

Personal boundaries; safely responding to others; the impact of hurtful behaviour

It is important to be a good friend and know the **impact** of hurtful behaviour. Bullying is hurtful behaviour and is **unacceptable** in any situation.

There are different types of bullying. Bullying online is called **cyber-bullying**.

Keeping safe online is very important. We must only use trusted sites and have adult supervision.

We all need **privacy** and have **personal** boundaries. Check your privacy settings and make sure only people you know can see your posts.

Never post personal details about yourself online.



There are some things which are **appropriate/inappropriate** to share with friends, classmates and family.

It is important to speak to someone we trust if we have a worry about ourselves or someone we know.

Key Vocabulary

<i>unacceptable</i>	<i>privacy</i>	<i>online</i>
<i>cyber-bullying</i>	<i>personal</i>	<i>appropriate</i>
<i>inappropriate</i>	<i>never</i>	<i>impact</i>

Respecting Ourselves and Others

Recognising respectful behaviour; the importance of self-respect; courtesy and being polite

It is important to be **polite** and always use your **manners**. Everybody deserves to be treated with respect.

Respect means that you interact with someone in a way that shows that you care about their well-being and how they feel. You should help others, include others and be responsible.

We should **model** respectful **behaviour** in different situations e.g. at home, at school, online.

It is important to have **self-respect** and to be treated respectfully by others.



When you respect someone, you treat them **kindly** and use good manners.

The ways in which people show respect and **courtesy** in different **cultures** and in wider society can differ.

Key Vocabulary

<i>polite</i>	<i>respect</i>	<i>behaviour</i>
<i>good manners</i>	<i>model</i>	<i>kindly</i>
<i>self-respect</i>	<i>courtesy</i>	<i>cultures</i>

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Year 4: Relationships



People who help us and where to ask for help:

- Speak to a parent, carer, teacher, assistant or an adult you trust
- If you are feeling worried about something and do not feel comfortable telling an adult, contact **Childline** to ask for support. **Childline** :0800 1111 www.childline.org.uk

Families and Friendships

Positive friendships, including online

A healthy relationship needs to be **fair** – it should never be one person doing all the giving and the other person taking.

Trust, mutual respect and kindness make a good **friendship**.

Disagreements can lead to arguments with friends. It is important to **co-operate** and work it out properly.

When we communicate online we should always be respectful.

Knowing someone online **differs** from knowing someone face-to-face. There are **risks** in **communicating** with someone you don't know.



If we are ever **uncomfortable** about someone's behaviour or something they have said (face-to-face or online) we should tell an adult we trust.

Websites and apps have **report** and **block** functions to help protect us.

Key Vocabulary

<i>fair</i>	<i>trust</i>	<i>communicate</i>
<i>mutual respect</i>	<i>report</i>	<i>friendship</i>
<i>co-operate</i>	<i>risk</i>	<i>block</i>

Safe Relationships

Responding to hurtful behaviour; managing confidentiality; recognising risks online

People may push us to follow or do the same things as them. This is called **peer pressure**.

Bullying can take many forms **verbal, physical, emotional and cyber**.

Anyone can be a **victim** of bullying and it can happen at any age.

There is a difference between playful teasing, hurtful behaviour and bullying, including online.

Victims of **bullying** need **support**. Bullies need help to change their behaviour.

If a **secret** upsets you, you should tell an adult you **trust**.

You should talk to an adult you **trust** if you are being bullied or are worried about someone else being bullied either face-to-face or online.

Cyber-bullying is bullying, report it straight away. Use the report functions on websites and apps and speak with an adult you trust.

Key Vocabulary

<i>peer pressure</i>	<i>trust</i>	<i>secret</i>
<i>cyber-bullying</i>	<i>victim</i>	<i>support</i>
<i>verbal</i>	<i>physical</i>	<i>emotional</i>

Respecting Ourselves and Others

Respecting differences and similarities; discussing difference sensitively

We don't have to have all the same interests to be friends with someone.

Everyone deserves to be treated with **respect**, even if they are not our friend.

Everyone is **different**, people have different backgrounds, **faiths, genders and sexual orientations**

People also have **similarities**. We may have the same likes and dislikes, the same **values** or **aspirations**.



When talking about our **beliefs** and ideas with others we should take care to speak respectfully and learn the correct vocabulary to **express** our thoughts.

Key Vocabulary

<i>respect</i>	<i>faith</i>	<i>gender</i>
<i>sexual orientation</i>	<i>values</i>	<i>beliefs</i>
<i>aspirations</i>	<i>express</i>	<i>similarities</i>

RSHE Knowledge Organiser

Year 5: Relationships



External support and services:

If you are feeling worried about something and do not feel comfortable telling an adult, contact **Childline** to ask for support. **Childline:** 0800 1111 www.childline.org.uk

Emergency services: 999

Families and Friendships

Managing friendships and peer influence

Friendships can change over time. There are benefits of having new and different types of friends.

A healthy friendship should make you feel **safe, included and happy**.

It is common for friendships to experience challenges. There are strategies to positively resolve **disputes** and **reconcile** differences in friendships.

If a friendship is making you feel **unsafe, worried, or uncomfortable** always look for support and advice from someone you trust.

Make sensible **decisions**. Know that **peer pressure** can make us choose the wrong decisions.



There are strategies to manage peer **influence** and the need for peer approval e.g. exit strategies and **assertive communication**.

Key Vocabulary

safe/unsafe	disputes	reconcile
peer pressure	decisions	influence
assertive	friendship	communicate

Safe Relationships

Physical contact and feeling safe

In different situations, **physical** touch can be **acceptable, unacceptable, wanted or unwanted**.

We have the right to give or not give **permission** for physical contact.

We must always ask someone for permission before **physical contact**.

We must consider how it feels in a person's **mind** and **body** when they are **uncomfortable**.

It is never someone's fault if they have experienced unacceptable contact.

No one should ask you to keep a secret that makes you feel uncomfortable or try to persuade you to keep a secret they are worried about.



If they are concerned about unwanted or unacceptable physical contact, speak to someone you trust or call **Childline**.

Key Vocabulary

physical	acceptable	unacceptable
permission	wanted	unwanted
Childline	touch	body

Respecting Ourselves and Others

Responding respectfully to a wide range of people; recognising prejudice and discrimination

Good friends will be respectful to each other and accept them for who they are.

Accept differences and celebrate **individuality**.



We are all **equal**. Everyone should be treated fairly, with respect, kindness and given the same opportunities.

There are different types of discrimination e.g. **racism, sexism, homophobia** etc.

Online bullying and **discrimination** of groups or individuals is called **trolling** and **harassment**.

We can safely challenge **discrimination** and report discrimination online.

It is important to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to our own.

Key Vocabulary

accept	individuality	discrimination
trolling	harassment	racism
sexism	homophobia	equal

RSHE Knowledge Organiser

Year 6: Relationships



External support and services:

If you are feeling worried about something and do not feel comfortable telling an adult, contact **Childline** to ask for support.

Childline :0800 1111 www.childline.org.uk

Emergency services : 9 9 9

Families and Friendships

Attraction to others; romantic relationships; civil partnership and marriage

There are different kinds of loving **relationships**.

People who love each other can be of any **gender, ethnicity or faith**. Everyone has the right to be loved.

Gender identity is a way to describe how you feel about your gender. You might identify your gender as a boy or a girl or something different.



Sexual orientation is the **emotional**, romantic, or sexual attraction that a person feels towards another person.

Couples show their love and commitment to one another in many different ways, including those who are not married or who live apart.

Marriage and **civil partnership** means that two adults make a **legal declaration of commitment**.

People have the **right** to choose whom they marry or whether to get married. Forcing someone to get married is **illegal**.



Key Vocabulary

<i>legal declaration</i>	<i>gender</i>	<i>ethnicity</i>
<i>sexual orientation</i>	<i>faith</i>	<i>commitment</i>
<i>civil partnership</i>	<i>illegal</i>	<i>marriage</i>

Safe Relationships

Recognising and managing pressure; consent in different situations

One of the biggest signs of an **unhealthy** friendship is one which makes you feel bad about yourself rather than good about yourself.

Threats or **black-mailing** are signs of an unhealthy friendship.

Keeping a **secret** can be very stressful, especially if it leads to telling lies.

Daring someone to do something is unfair and unkind.

Peer pressure can cause someone to do something dangerous and can lead to **self-doubt** and having lower **self-esteem**. There is a shared **responsibility**.

There are strategies to respond to **pressure** from friends. E.g. how to assess the risk of different online '**challenges**' and '**dares**' and how to respond to pressure from others to do something **unsafe** or **uncomfortable**.

Make sure you always know who to tell if you are **unhappy** or **uncomfortable** about one of your relationships.



Key Vocabulary

<i>threats</i>	<i>daring</i>	<i>challenges</i>
<i>black-mailing</i>	<i>self-doubt</i>	<i>dares</i>
<i>unhealthy</i>	<i>self-esteem</i>	<i>peer pressure</i>

Respecting Ourselves and Others

Expressing opinions and respecting other points of view, including discussing topical issues

Sometimes people **disagree** because we process information differently from each other. Sometimes people **disagree** because they have been exposed to different 'facts' which support their differing **opinions**.

You can **respect** someone else's opinions without having to agree with them.

Within society, people don't always get along, and sometimes people forget that it is other people's differences that make them **unique** and **special**.

We should discuss issues **respectfully**, listening carefully to the other person's **point of view**.



We should **constructively** challenge points of views that we do not agree with.

We need to use effective techniques to resolve **disputes** in discussions online and manage **conflict** or **disagreements**.

Key Vocabulary

<i>disagree</i>	<i>opinions</i>	<i>respect</i>
<i>unique</i>	<i>special</i>	<i>conflict</i>
<i>point of view</i>	<i>disputes</i>	<i>constructively</i>