



PSHCE SKILL PROGRESSION - SAFE RELATIONSHIPS

EYFS YEAR 1 YEAR 2 YEAR 3 YEAR 4 YEAR 5 YEAR 6

Pupils will be taught to

<p>I know about situations when someone's body or feelings might be hurt and who to go to for help.</p> <p>I know what it means to keep something private, including parts of the body that are private.</p> <p>I can identify different types of touch and how they make people feel (e.g. hugs, tickling, kisses and punches).</p> <p>I know how to respond if being touched makes me feel uncomfortable or unsafe.</p> <p>I know when it is important to ask for permission to touch others.</p> <p>I know how to ask for and give/not give permission.</p>	<p>I can recognise hurtful behaviour, including online.</p> <p>I know what to do and whom to tell if I see or experience hurtful behaviour, including online.</p> <p>I know what bullying is and the different types of bullying.</p> <p>I know how someone may feel if they are being bullied.</p> <p>I know the difference between happy surprises and secrets that make people feel uncomfortable or worried, and how to get help.</p> <p>I know how to resist pressure to do something that feels uncomfortable or unsafe.</p> <p>I know how to ask for help if I feel unsafe or worried and what vocabulary to use.</p>	<p>I know what is appropriate to share with friends, classmates, family and wider social groups including online.</p> <p>I know what privacy and personal boundaries are, including online.</p> <p>I know basic strategies to help keep myself safe online e.g. passwords, using trusted sites and adult supervision.</p> <p>I know that bullying and hurtful behaviour is unacceptable in any situation.</p> <p>I know the effects and consequences of bullying for the people involved.</p> <p>I know about bullying online, and the similarities and differences to face-to-face bullying.</p> <p>I know what to do and who to tell if I see or experience bullying or hurtful behaviour.</p>	<p>I can differentiate between playful teasing, hurtful behaviour and bullying, including online.</p> <p>I know how to respond if I witness or experience hurtful behaviour or bullying, including online.</p> <p>I know the difference between 'playful dares' and dares which put someone under pressure, at risk, or make them feel uncomfortable.</p> <p>I can manage pressures associated with dares.</p> <p>I know when it is right to keep or break a confidence or share a secret.</p> <p>I can recognise risks online such as harmful content or contact.</p> <p>I know how people may behave differently online including pretending to be someone they are not.</p> <p>I know how to report concerns and seek help if worried or uncomfortable about someone's behaviour, including online.</p>	<p>I can identify what physical touch is acceptable, unacceptable, wanted or unwanted in different situations.</p> <p>I can ask for, give and not give permission for physical contact.</p> <p>I know how it feels in a person's mind and body when they are uncomfortable.</p> <p>I know it is never someone's fault if they have experienced unacceptable contact.</p> <p>I can respond to unwanted or unacceptable physical contact.</p> <p>I know no one should be asked to keep a secret that makes them feel uncomfortable or try to persuade them to keep a secret they are worried about.</p> <p>I know who to tell if I am concerned about unwanted physical contact.</p>	<p>I know there is a shared responsibility if someone is put under pressure to do something dangerous and something goes wrong.</p> <p>I can compare the features of a healthy and unhealthy friendship.</p> <p>I know strategies to respond to pressure from friends including online.</p> <p>I can assess the risk of different online 'challenges' and 'dares'.</p> <p>I know how to recognise and respond to pressure from others to do something unsafe or that makes them feel worried or uncomfortable.</p> <p>I can get advice and report concerns about personal safety, including online.</p> <p>I know what consent means and how to seek and give/not give permission in different situations</p>
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"You are braver than you believe, stronger than you see and smarter than you think."
~AA Milne

