



# PSHCE SKILL PROGRESSION - FRIENDSHIPS & FAMILY

EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
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	Pupils will be taught to		Pupils will be taught to			
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	<p>I know about people who care for me, e.g. parents, siblings, grandparents, relatives, friends, teachers.</p> <p>I know the role these different people play in my life and how they care for me.</p> <p>I know what it means to be a family and how families are different, e.g. single parents, same-sex parents, etc.</p> <p>I know about the importance of telling someone – and how to tell them – if they are worried about something in their family.</p>	<p>I know how to be a good friend, e.g. kindness, listening, honesty</p> <p>I know about different ways that people meet and make friends.</p> <p>I know strategies for positive play with friends, e.g. joining in, including others, etc.</p> <p>I know what causes arguments between friends.</p> <p>I know how to positively resolve arguments between friends.</p> <p>I know how to recognise, and ask for help, when people are feeling lonely or unhappy or to help someone else.</p>	<p>I can recognise and respect that there are different types of families, including single parents, same-sex parents, step-parents, blended families, foster and adoptive parents</p> <p>I know that being part of a family provides support, stability and love</p> <p>I know about the positive aspects of being part of a family, such as spending time together and caring for each other</p> <p>I know about the different ways that people can care for each other e.g. giving encouragement or support in times of difficulty.</p> <p>I can identify if/when something in a family might make someone upset or worried.</p> <p>I know what to do and whom to tell if family relationships are making me feel unhappy or unsafe.</p>	<p>I know about the features of positive healthy friendships such as mutual respect, trust and sharing interests.</p> <p>I can use strategies to build positive friendships.</p> <p>I know how to seek support with relationships if I feel lonely or excluded.</p> <p>I know how to communicate respectfully with friends when using digital devices.</p> <p>I understand how knowing someone online differs from knowing someone face to face and that there are risks in communicating with someone I don't know.</p> <p>I know what to do or who to tell if I am worried about any contact online.</p>	<p>I know what makes a healthy friendship and how to make people feel included.</p> <p>I know strategies to help someone feel included.</p> <p>I know about peer influence &amp; how it can make people feel or behave.</p> <p>I know the impact of the need for peer approval in different situations, including online.</p> <p>I know the strategies to manage peer influence and the need for peer approval e.g. exit strategies, assertive communication.</p> <p>I know it is common for friendships to experience challenges.</p> <p>I know strategies to positively resolve disputes and reconcile differences in friendships.</p> <p>I know that friendships can change over time and the benefits of having new &amp; different types of friends.</p> <p>I know how to recognise if a friendship is making me feel unsafe, worried, or uncomfortable.</p> <p>I know when and how to seek support in relation to friendships.</p>	<p>I know what it means to be attracted to someone &amp; different kinds of loving relationships.</p> <p>I know that people who love each other can be of any gender, ethnicity or faith.</p> <p>I know the difference between gender identity &amp; sexual orientation &amp; everyone's right to be loved.</p> <p>I know about the qualities of healthy relationships that help individuals flourish.</p> <p>I know ways couples show their love &amp; commitment to one another, eg those who are not married or who live apart.</p> <p>I know what marriage and civil partnership mean e.g. a legal declaration of commitment made by two adults.</p> <p>I know that people have the right to choose whom they marry or whether to get married.</p> <p>I know that to force anyone into marriage is illegal.</p> <p>I know how and where to report forced marriage or ask for help if I am worried.</p>
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***“You are braver than you believe, stronger than you see and smarter than you think.”***  
*~AA Milne*

