

# Progression in PSHE Nether Edge Primary 2024/2025



	FS1	FS2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Relationships	<p><b>What is a family?</b></p> <ul style="list-style-type: none"> <li>- Understand the key things that make up a family. E.g. respect, love, kindness</li> <li>- Have exposure through stories to lots of different types of families.</li> </ul> <p><b>What is a friend?</b></p> <ul style="list-style-type: none"> <li>- Understand what a friend is.</li> </ul> <p><b>What is a good friend?</b></p> <ul style="list-style-type: none"> <li>- Identify what a good friend or a bad friend does.</li> <li>- Explore and understand lots of different scenarios of friends.</li> </ul>	<p><b>Who's in my family?</b></p> <ul style="list-style-type: none"> <li>- Understand that families are made up of a special group of people who change over time.</li> <li>- Understand that these people are all connected in different ways, and that these connections are important (including online).</li> </ul> <p><b>Do families always stay the same?</b></p> <ul style="list-style-type: none"> <li>- Understand how changes and events can influence our feelings.</li> </ul> <p><b>Who is my friend?</b></p> <ul style="list-style-type: none"> <li>- Understand that there is a difference between close friends, friends, acquaintance, member of my community. What is an online friend?</li> </ul> <p><b>What is an online friend?</b></p> <ul style="list-style-type: none"> <li>- Understand that it is easy to hide your identity online.</li> <li>- Understand it is important to be kind online.</li> </ul> <p><b>How do our actions impact others?</b></p> <ul style="list-style-type: none"> <li>- Take responsibility for what we say and do. Including when messaging online.</li> </ul> <p><b>What is bullying?</b></p> <ul style="list-style-type: none"> <li>- To know that bullying is several times on purpose and that it is unacceptable.</li> </ul>	<p><b>How should families treat each other?</b></p> <ul style="list-style-type: none"> <li>- Understand that children and adults both have responsibilities to each other,</li> <li>- Understand that we should feel loved, cared for and safe in our homes.</li> <li>- Know what to do if our needs are not being met.</li> </ul> <p><b>When should I say no?</b></p> <ul style="list-style-type: none"> <li>- Understand that other people need permission before they can touch us.</li> <li>- Understand that some parts of our bodies are more private than others.</li> <li>- Recognise that other people often want different things than ourselves.</li> <li>- I can say 'no' online when someone makes me feel sad.</li> </ul> <p><b>What makes a good friend?</b></p> <ul style="list-style-type: none"> <li>- Understand that friends do not always agree with each other but we can resolve our differences kindly and with mutual respect.</li> <li>- Understand that difference can be a positive thing in our relationships.</li> </ul> <p><b>How can I be kind online?</b></p> <ul style="list-style-type: none"> <li>- Being kind online is just as important as real life.</li> <li>- Identify what makes a good friend online and what to do when people are unkind.</li> </ul> <p><b>What is bullying and how can it impact others?</b></p> <ul style="list-style-type: none"> <li>- To know that bullying is several times on purpose.</li> <li>- To understand how bullying can make others feel. Know that this can happen online too.</li> </ul>	<p><b>Who owns my body? I do!</b></p> <ul style="list-style-type: none"> <li>- Understand that certain parts of our bodies are very private, and only we get to decide what happens to them.</li> <li>- Understand that secrets and surprises are different.</li> <li>- Know how to report concerns.</li> </ul> <p><b>Are all families the same?</b></p> <ul style="list-style-type: none"> <li>- Understand that families are highly varied; no family is the same.</li> </ul> <p><b>Should friends tell us what to do?</b></p> <ul style="list-style-type: none"> <li>- Understand that friends should treat each other well and be fair.</li> <li>- Understand that there is not an ideal number of friends.</li> <li>- Understand that being controlling of other people is bad and that excluding other children is hurtful.</li> <li>- Understand that friends should not tell us what to do, although we should listen politely.</li> <li>- Recognise that there may be people online that make us feel sad or embarrassed.</li> </ul> <p><b>What makes a boy or a girl?</b></p> <ul style="list-style-type: none"> <li>- Discuss similarities and differences between boys and girls, including ideas that challenge gender stereotypes.</li> </ul> <p><b>How should we communicate online and what should I do if I feel uncomfortable?</b></p> <ul style="list-style-type: none"> <li>- Understand what information we share online with people we don't know.</li> <li>- What is inappropriate on the internet and what to do if they feel uncomfortable</li> </ul> <p><b>What is bullying and how can we report it?</b></p> <ul style="list-style-type: none"> <li>- To understand that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable.</li> <li>- To know how to report bullying and the importance of telling a trusted adult.</li> </ul> <p><b>How can bullying impact others and their emotions?</b></p> <ul style="list-style-type: none"> <li>- Understand the link between bullying, behaviours, and the emotions and thoughts of others.</li> </ul>	<p><b>Do families always stay the same?</b></p> <ul style="list-style-type: none"> <li>- Understand that families can change.</li> <li>- Understand that parents can split up and people can die.</li> <li>- Know that these events are not the fault of the child.</li> </ul> <p><b>What makes a good friend (offline and online)?</b></p> <ul style="list-style-type: none"> <li>- Appreciate that we have responsibilities to our friends.</li> <li>- Acknowledge that other people's emotions are important</li> <li>- Understand that our actions can affect other people's feelings including online.</li> <li>- Learn what we can do to maintain healthy relationships.</li> </ul> <p><b>Are friendships always fun (online and offline)?</b></p> <ul style="list-style-type: none"> <li>- Understand that relationships come with a mixture of positive and negative emotions</li> <li>- Appreciate that friendships are not always perfect,</li> <li>- Understand that it is normal to disagree with your friends</li> <li>- Develop techniques to deal with conflict within friendships</li> <li>- Understand when a relationship is unhealthy and when support is required</li> </ul> <p><b>How does conflict arise and how can we avoid it?</b></p> <ul style="list-style-type: none"> <li>- Identify ways in which conflict may arise at school and home.</li> <li>- Explore ways in which conflict could be lessened, avoided or resolved</li> </ul> <p><b>How should we respond to hurtful behaviour and get support?</b></p> <ul style="list-style-type: none"> <li>- Identify strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others).</li> <li>- How to report any concerns and get support.</li> </ul>	<p><b>Are all families like mine?</b></p> <ul style="list-style-type: none"> <li>- Appreciate that there are many differences between families and all families are unique.</li> <li>- Understand that there are far more similarities than there are differences</li> <li>- Understand that there is no one set family structure.</li> <li>- Appreciate that any type of family can provide love and support</li> </ul> <p><b>Are families ever perfect?</b></p> <ul style="list-style-type: none"> <li>- Identify positive feature that should be present in a family.</li> <li>- Know the difference between secrets and surprises (when to break confidentiality).</li> <li>- Understand the concept of consent</li> <li>- Revisit that 'My body belongs to me" (private parts, exceptions (doctors))</li> </ul> <p><b>What makes a close friend?</b></p> <ul style="list-style-type: none"> <li>- Understand what it takes to be a good friend</li> <li>- Empathise with people who are excluded.</li> </ul> <p><b>What is discrimination and how can we challenge it?</b></p> <ul style="list-style-type: none"> <li>- To understand discrimination: to know what it means and how to challenge.</li> </ul> <p><b>How should we treat people in school and wider society including online?</b></p> <ul style="list-style-type: none"> <li>- To know that everyone, should expect to be treated politely and with respect by others in school and in wider society.</li> </ul>	<p><b>Why do some people get married?</b></p> <ul style="list-style-type: none"> <li>- Understand why some people get married.</li> <li>- Appreciate that not everyone wants to get married.</li> <li>- Know that forced marriage is illegal.</li> </ul> <p><b>Are all friends the same?</b></p> <ul style="list-style-type: none"> <li>- Understand that differences in gender, skin colour, religion, culture, sexuality and (dis)ability should not inhibit friendship or cause negative treatment</li> </ul> <p><b>Can we be different and still be friends?</b></p> <ul style="list-style-type: none"> <li>- Understand that we don't have to be the same as everyone else to have friends.</li> <li>- Appreciate that we should respect other people, irrespective of their unique characteristics.</li> <li>- Understand that friendships change over time, and our friends often have different opinions, feelings and motivations to ours.</li> </ul> <p><b>How do I accept my friends for who they are?</b></p> <ul style="list-style-type: none"> <li>- Appreciate that we should treat everyone with respect, regardless of their physical appearance.</li> <li>- Challenging gender stereotypes including online</li> </ul> <p><b>How can discrimination impact others and how can we prevent it?</b></p> <ul style="list-style-type: none"> <li>- To understand how discrimination can make people feel.</li> <li>- To explore how to prevent it all discrimination.</li> </ul> <p><b>Can you identify and define the different types of bullying?</b></p> <ul style="list-style-type: none"> <li>- Identify and define the different types of bullying including: direct, indirect, online, homophobic, racist, physical and emotional.</li> </ul>	<p><b>Is there such thing as a normal family?</b></p> <ul style="list-style-type: none"> <li>- Understand the diversity of home lives</li> <li>- Appreciate that many people have heritage from other countries and may have dual heritage.</li> <li>- Understand that the cultural differences between families do not make people better or worse and often present an opportunity for learning and fun.</li> </ul> <p><b>Should friends tell us what to do?</b></p> <ul style="list-style-type: none"> <li>- Understand that friendship is not just about doing what someone says and that boundaries are healthy and an essential part of any relationship.</li> <li>- Appreciate that friends should make us feel good and safe.</li> <li>- How to respect boundaries online.</li> <li>- Identify behaviour that is controlling or manipulative.</li> <li>- Look at the difference between healthy and unhealthy relationships</li> <li>- Identify issues around consent and coercion.</li> </ul> <p><b>Can I identify and understand toxic and unhealthy relationships?</b></p> <ul style="list-style-type: none"> <li>- Understand what healthy and toxic relationships are and be able to put scenarios (including online) on a scale.</li> </ul> <p><b>Can I identify toxic and unhealthy relationships and build confidence to act upon it?</b></p> <ul style="list-style-type: none"> <li>- Acting out how to respond to unhealthy and toxic relationships.</li> </ul> <p><b>What is prejudice and how should we respond?</b></p> <ul style="list-style-type: none"> <li>- To understand prejudice including how to recognise behaviours/actions which discriminate against others and ways of responding to it if witnessed or experienced.</li> <li>- To understand what stereotypes are and how they can negatively influence behaviours and attitudes towards others including online.</li> <li>- To develop strategies for challenging stereotypes and prejudice.</li> </ul>