

# Relationships Programme of Study 2020

## Coverage Overview

### Families and People Who Care for Me

**NL8, 12**  
**RL2,14, 23**

**KS1C2U3L3**  
**KS1C2U4L5-6**

**LKS2C2U4L2**

**UKS2C2U4L1-5**

**RSE UNIT**

Pupils should know

- that families are important for children growing up because they can give love, security and stability.
- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
- that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care for them.
- that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.
- that marriage/civil partnership represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.
- how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

### Caring Friendships

**NL4**

**RL7, 13, 25**

**KS1CUL1-5**  
**KS1C2U4L1-4**

**LKS2C2U3L1**  
**LKS2C2U5L1-4**

**RSE UNIT**

Pupils should know

- how important friendships are in making us feel happy and secure, and how people choose and make friends.
- the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, trust, sharing interests and experiences and support with problems and difficulties.
- that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.
- that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.
- how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, how to manage these situations and how to seek help or advice from others, if needed.

# Relationships Programme of Study 2020

## Coverage Overview

### Respectful Relationships

NL4, 8, 13, 15,  
RL1, 4, 8, 15, 24

KS1C1U4L1,L6  
KS1C2U1L7  
KS1C2U2L1-5  
KS1C2U3L1-6  
KS1C2U4L1-4  
KS1C3U1L4,5,6

LKS2C1U5L6  
LKS2C2U2L1-3  
LKS2C2U3L1-4  
LKS2C2U4L1-4  
LKS2C2U5L1-3  
LKS2C3U3L1

UKS2C2U3L2,3  
RSE UNIT

Pupils should know

- the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.
- the conventions of courtesy and manners.
- the importance of self-respect and how this links to their own happiness.
- that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.
- about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.
- what a stereotype is, and how stereotypes can be unfair, negative or destructive.
- the importance of permission-seeking and giving in relationships with friends, peers and adults.

### Online Relationships

RL22

KS1C1U5L6

LKS2C1U6L1-4

UKS2C2U4L5

Pupils should know

- that people sometimes behave differently online, including by pretending to be someone they are not.
- the importance of self-respect and how this links to their own happiness
- that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.
- the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.
- how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.
- how information and data is shared and used online.

# Relationships Programme of Study 2020

## Coverage Overview

### Being Safe

**KS1C1U5L4**  
**KS1C1U5L7**  
**LKS2C2U5L4**  
**RSE UNIT**

- Pupils should know
- what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).
  - about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.
  - that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
  - how to respond safely and appropriately to adults they may encounter who they do not know.
  - how to ask for advice or help for self and for others, and to keep trying until they are heard, including having the vocabulary and confidence to report concerns or abuse.
  - where to get advice from e.g. family, school and/or other sources.

**RSE UNIT - Relationships and Sex Education**

**N** - Nursery

**R** - Reception

**KS1** - Key Stage 1

**LKS2** - Lower Key Stage 2

**UKS2** - Upper Key Stage 2