



[Type here]	Autumn						Spring						Summer					
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6
<b>R7.</b> to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability			Red			Yellow												
<b>R8.</b> to recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty			Red															
<b>R9.</b> how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice			Red		Purple													
<b>R10.</b> about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing				Green														
<b>R11.</b> what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships				Green														
<b>R12.</b> to recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face; risks of communicating online with others not known face-to-face				Green														
<b>R13.</b> the importance of seeking support if feeling lonely or excluded				Green														
<b>R14.</b> that healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them					Purple													
<b>R15.</b> strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others					Purple													
<b>R16.</b> how friendships can change over time, about making new friends and the benefits of having different types of friends					Purple													
<b>R17.</b> that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely					Purple													
<b>R18.</b> to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary				Green	Purple													
<b>R19.</b> about the impact of bullying, including offline and online, and the consequences of hurtful behaviour			Red															
<b>R20.</b> 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); how to report concerns and get support				Green	Purple													
<b>R21.</b> about discrimination: what it means and how to challenge it					Purple													
<b>R22.</b> about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online);			Red															



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