

Year 6 – Me & My Relationships

Knowledge Organiser



Overview and Recap

We are learning about ourselves ('Me') and how we get along with other people (Relationships).

You should already know that: We are all unique and this is something to celebrate! We should always act appropriately towards others.

-There are special people in our lives, who can help us feel happy and safe. We have a responsibility to be kind and respectful to the special people in our lives. We should know the features of healthy relationships.

-We have many different emotions. We can affect the emotions of ourselves and others through our thoughts, words and actions. Different people may feel differently about the same thing.

-People who love each other may choose to spend their lives together. Some ways of doing this include marriage, living together, or civil partnerships. There should be mutual consent in these arrangements.

Healthy Relationships

Negotiation and Compromise

Two strategies that can be used to maintain good relationships are negotiation and compromise. Negotiation: Discussion aimed at reaching an agreement.' Compromise: reaching agreement by people giving up something that was wanted. These involve skills such as listening, turn-taking, communication and selflessness.

Unhealthy Relationships

-Unhealthy relationships are relationships that are not good for one/ more than one person involved. They can be difficult to spot.

-In some relationships, one person may pressure another or hold power over them. They may also involve physical, sexual or emotional abuse.

-If you feel that you are in an unhealthy relationship, you should speak to a trusted adult.

Forced Marriages

-People should always have a choice in who they marry. It is against the law for someone to be forced to marry. People may force others to marry because:

- They think it is a part of their religion or culture;
- They think it is important for reputation/ honour;
- Financial or material gain;
- They feel pressured by their community.

Being Kind

Treating others with Respect

We should try to treat everyone else with respect. We should recognise that other people may have different beliefs, ways of life, cultures and religions to ourselves.

Appropriate, Inappropriate or Illegal

-We should recognise that some actions are appropriate, some are inappropriate, and some are illegal.

-E.g., it is appropriate to shake hands with someone that you are meeting for the first time. It would normally be inappropriate for you to hug a stranger. It is illegal to touch someone who does not want to be touched.

Feelings and Emotions

Emotions are the way that your mind and body react to the world around you.

-Emotions help to make us human. Emotions formed through evolution, to help us to survive.

-We all have emotional needs:

- Having caring people around us;
- Having self-esteem (feeling we are good at some things);
- Feeling as though we are a part of a group;
- Trying new things;
- Having some freedom (choice over the things we do);
- Giving and receiving attention;
- Having some time on our own;
- Feeling safe and secure.

-When our emotional needs are not being met, or we do not find a situation easy, we can use coping strategies to help us deal with the situation in a positive way. e.g. speaking to someone about how we feel.

Being Assertive

-Being assertive is about speaking up for ourselves in a way that is confident and honest about how we feel.

Being assertive is a healthy way of communicating. Being assertive does not come naturally to everyone. Some people are passive: they try to avoid confrontations and do not speak up for themselves. Some people may be too aggressive, getting their ideas across in a way that is too forceful.

To be assertive:

- Stand firm, speak clearly, be friendly and polite, stay calm, look confident, negotiate, relax, give eye contact




Key Vocabulary

negotiate
compromise
collaborative
Peer pressure
Balanced friendship
Peer pressure
Thoughtful
Marriage
Civil partnership
Forced marriage
Illegal
Appropriate
Inappropriate
Privacy setting
Identity theft
Secure

Key Resources

1. Civil partnerships	a) When someone is forced to get married, normally by their parents. (Illegal in this country).
2. Marriage	b) When 2 people are introduced to each other with the idea they will marry, but they can choose whether this goes ahead or not.
3. Living together	c) When 2 people are over 18 years old (England) or 16 years old (Scotland) and get married.
4. Arranged marriage	d) When 2 people who love and want to commit to each other have a religious or civil ceremony.
5. Forced marriage	e) When 2 people of the same sex, who love and want to commit to each other, have a religious or civil ceremony.
6. Marriage with parental consent	f) When 2 people of the same sex who love and want to commit to each other have a state ceremony.
7. Marriage without parental consent	g) When 2 people love and want to commit to each other but do not have a public ceremony.
8. Same-sex marriage	h) When 2 people marrying in England are 16 years old and get married.



Skills			
Assertiveness	I can tell you some assertive behaviours.	I can explain bystander behaviour by giving examples of what bystanders do when someone is being bullied.	I know the difference between an active and passive bystander and I can give examples of how these two different behaviours have an impact on a situation where someone is being bullied.
Cooperation	I can explain what is meant by compromise.	I can give examples of negotiation and compromise.	I can explain how I can help other people to use negotiation and compromise skills, and give positive feedback during tasks needing these skills.
Safe/unsafe touches	I can explain what appropriate touch is and give examples.	I can explain what inappropriate touch is and give example.	I know types of touch that are against the law and can suggest ways of getting help if someone experiences inappropriate or illegal touch.