

22 September 2026

Dear Parents/Carers

In Autumn 1 your child will begin the ‘Connecting with others: How can I help myself and others feel safe and happy?’ topic of the PSHE/RSE curriculum. Below is an outline of the lesson objectives and the key vocabulary the children will be using/exposed to in those sessions.

Year 1 & 2 Connecting with others sequence of lessons

- What makes me special?
- How do families show love and care for each other?
- What helps me feel safe and cared for?
- What is a friend?
- How can we have a kind and friendly class?
- How should people behave towards others?

Year 1 & 2 Connecting with others vocabulary

fair	friendly	lonely	polite	safe
share	strengths	trust	trusted adult	unfair
calm	family	alone	caring	falling out
friends	help	hurt	improve	kind
listen	qualities	respect	rude	scared
skill	special	support	time out	unkind
wait				

Year 3 & 4 Connecting with others: What helps us feel safe and included? Sequence of lessons

- How can I respect myself?
- What are personal boundaries?
- What makes a family?
- How can I be a good friend?
- How can we repair a friendship after a falling-out?
- What are the different types of bullying?

Year 3 & 4 Connecting with others vocabulary

behaviour	boundaries	falling-out	friendship	relationship
respect	self-respect	bullying	comfortable	communicate
disagree	fair	family	inclusive	kindness
online bullying	parents/carers	personal boundary	physical bullying	qualities

responsibility	sibling	strengths	support	unfair
unkind	value	verbal bullying		

Year 5 & 6 Connecting with others: How can we respect each other? Sequence of lessons

- What makes me who I am?
- How do families show commitment to each other?
- How can families support and protect each other?
- What helps make and maintain healthy friendships?
- How can we manage challenges in friendships?
- How can I be assertive and respectful?

Year 5 & 6 Connecting with others vocabulary

civil partnership	commitment	conflict	influence	marriage
support	aggressive	assertive	beliefs	boundaries
communication	compromise	conflict resolution	controlling	culture
direct	disrespectful	healthy friendship	identity	legal
manners	mental health	negotiation	passive	protect
relationships	respect	responsibility	self-esteem	self-regulation
unhealthy friendship	unreliable	untrustworthy	values	

Your child may come home and share their learning with you or ask questions on what they have learnt. I hope that the information that you have been provided with is useful in understanding on what your child will be learning in the next half term.

If you have any further questions, please contact your child's class teacher.

Yours faithfully

K Smith

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