



ST. ALBAN'S
CATHOLIC PRIMARY SCHOOL
LEAD THE WAY

JOURNEY IN LOVE

YEAR ONE

AIM: TO FOCUS ON FAMILIES AND SPECIALLY GROWING UP IN A LOVING, SECURE AND STABLE HOME

Social and Emotional

Learning to recognise signs that I am loved in my family

Physical

Learning to recognise how I am cared for and kept safe in my family

Spiritual

Learning to celebrate ways that God loves and cares for us

Journey in Love	DFE guidance
Families and people who care for me	<ul style="list-style-type: none">• Families are important for children growing up because they can give love, security and stability• The characteristics of a healthy family life:<ul style="list-style-type: none">○ Commitment to each other, including in times of difficulty○ Protection and care for children, including other family members○ The importance of spending time together and sharing each other's lives
Caring friendships	<ul style="list-style-type: none">• How important friendships are in making us feel happy and secure• How people choose and make friends• Healthy friendships are positive and welcoming towards others and do not make others feel lonely or excluded• How to recognise who to trust and who not to trust• How to judge when a friendship is making them feel unhappy or uncomfortable• Managing conflict – how to manage these situations and how to seek help or advice from others if needed
Respectful relationships	<ul style="list-style-type: none">• The importance of respecting others, even when they are very different from them (e.g. physically, in character, personality or backgrounds), make different choices or have different preferences or beliefs• Conventions of courtesy and manners

	<ul style="list-style-type: none"> • Importance of self-respect and how this links to their own happiness • Different types of bullying (incl. cyberbullying), the impact of bullying, responsibilities of bystanders and how to get help
Online relationships	<ul style="list-style-type: none"> • The same principles apply online as to face-to-face relationships, including respect for others
Being safe	<ul style="list-style-type: none"> • Importance of respecting others, even when very different • What sort of boundaries are appropriate in friendships with peers and others • Concept of privacy and the implications for both children and adults • It's not always right to keep secrets • Each person's body belongs to them • Understanding differences between appropriate and inappropriate contact • How to respond safely to adults they may not know