



ST. ALBAN'S
CATHOLIC PRIMARY SCHOOL
LEAD THE WAY

JOURNEY IN LOVE

YEAR THREE

AIM: TO DESCRIBE AND GIVE REASONS FOR HOW WE GROW IN LOVE, IN CARING AND HAPPY FRIENDSHIPS AND WHERE WE ARE SAFE AND SECURE

Social and Emotional

Learning to describe and give reasons how friendships make us feel happy and safe

Physical

Learning to describe and give reasons why friendships can break down, how they can be repaired and strengthened

Spiritual

Learning to celebrate the joy and happiness of living in friendship with God and others

Journey in Love	DFE guidance
Families and people who care for me	<ul style="list-style-type: none">• 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• How to recognise if family relationships are making them feel unhappy or unsafe• How to seek help or advice from others if needed
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• The characteristics of friendship: mutual respect, truthfulness, loyalty, kindness, generosity, trust, sharing interests and experiences, support with problems or difficulties• Healthy friendships are positive and welcoming towards others and do not make others feel lonely or excluded• Most friendships have ups and downs and that these can often be worked through so that friendship is repaired or even strengthened• 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 unhappy or uncomfortable• Managing conflict and how to manage these situations• 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, make different choices or have different preferences or beliefs • Practical steps they can take in a range of different contexts to improve or support respectful relationships • 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 and in turn they should show respect to others, incl. those in positions of authority • Different types of bullying (incl. cyberbullying), the impact of bullying, responsibilities of bystanders and how to get help • The importance of permission seeking and giving in relationships with friends, peers and adults
Online relationships	<ul style="list-style-type: none"> • The same principles apply to online relationships as to face-to-face relationships, incl. respect for others • Sometimes people may behave differently online including by pretending to be someone they are not • How to critically consider their online friendships and sources of information • Awareness of risks associated with people they have never met
Being safe	<ul style="list-style-type: none"> • How to recognise and report feelings of being unsafe or feeling bad about any adult • How to ask for advice or help for themselves or others and keep trying until heard • How to report concerns or abuse and the vocabulary and confidence needed to do so • Where to get advice • What sort of boundaries are appropriate in friendships with peers and others • How to respond safely to adults they may not know