



## Holy Family



Year 1 and 2 – Personal Development

Theme: Relationships

Topic: Respecting Ourselves and Others and Safe Relationships

### Learning Objectives

- To recognise kind and unkind behaviour and how this can make us feel.
- To understand why we have rules e.g. school rules, class rules, etc
- To recognise the difference between secrets and surprises and not keeping secrets that make us uncomfortable.
- To understand what it means to keep something private, including parts of our body that are private.
- To identify different types of touch and how they make us feel (e.g. hugs, tickling, kisses and punches) and who to tell if being touched makes us feel uncomfortable or unsafe.

**P**RIVATES ARE PRIVATE  
**A**LWAYS REMEMBER YOUR  
BODY BELONGS TO YOU  
**N**O MEANS NO  
**T**ALK ABOUT SECRETS  
THAT UPSET YOU  
**S**PEAK UP, SOMEONE  
CAN HELP

### Who can help me?

A trusted adult at home or at school.

This might be a teacher or an adult you live with at home such as a parent.

Childline

[www.childline.org.uk](http://www.childline.org.uk)

0800 1111

### Think:

How does being kind make you and others feel?



### Holy Family School Rules

- 1) Play safe, work hard and have fun
- 2) Respect everything and everyone around you
- 3) Treat others as you would like to be treated

