

UKS2 PSHE and Citizenship

Relationships - VIPs

Guide for Parents and Carers

This term, your child's PSHE and Citizenship topic is VIPs.

This unit entitled VIPs (Very Important Persons) will focus on relationships. Children will identify who their VIPs are within their families and friendship groups and how important kindness and respect are within these relationships. The unit addresses conflicts and resolutions in relationships. The children will also look at secrets and dares as well as healthy and unhealthy relationships.

We will be exploring the following questions:

Lesson 1: What does love mean? Who are the people we love? How do people show their VIPs that they love them?

Lesson 2: What are the consequences of behaving unkindly to the people around us? How can we calm down when we are feeling angry or upset with other people?

Lesson 3: Do people who care about each other always have to agree? How can we resolve disagreements without falling out?

Lesson 4: When might we feel under pressure to do something that we feel unsure about or don't want to do? What can we do when this happens?

Lesson 5: When is it OK to keep a secret? When is this not OK? How can we know when we should break a confidence or tell a secret?

Lesson 6: What are some of the signs of an unhealthy or risky relationship? When might it be best to end a relationship and how can we do this?

Your child will be taking part in a range of activities, including the following:

creating lists and posters, taking part in paired, group and whole-class discussions, responding to images, recording ideas and writing advice and explanations for others, discussing and acting out given scenarios, exploring different outcomes and empathising with others.

About PSHE and Citizenship Education

PSHE and Citizenship Education stands for Personal, Social, Health and Economic education. It is an important part of the school curriculum that aims to teach children the knowledge and skills that they need to stay safe, happy and healthy, while preparing them for their life ahead.

We understand that some parts of the PSHE and Citizenship curriculum involve exploring sensitive or controversial issues. That's why all adults involved in delivering your child's PSHE and Citizenship education will make every effort to establish a supportive and positive environment for learning.

Children will be given opportunities to ask any questions they may have and adults in the class will set aside time to explore any questions or issues that are raised in the course of the lesson.

If you have any questions or concerns regarding your child's PSHE and Citizenship lessons, or anything else, please don't hesitate to let us know.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).