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1	FAMILIES O1 L1: Our families and how they make us feel	CARING FRIENDSHIPS O9 L2: Choosing and making friends	RESPECTFUL RELATIONSHIPS O16 L3: Good manners and courtesy	RESPECTFUL RELATIONSHIPS O17 L4-5: Respecting each other's differences	BEING SAFE O25 L6: Looking after my body and being respectful to others	ONLINE RELATIONSHIPS O31 L7: Rules for staying safe online
2	FAMILIES O2 L1-2: How my family cares for me and keeps me safe	CARING FRIENDSHIPS O10 L3-4: How friends make us feel happy and secure	CARING FRIENDSHIPS O11 L5: Characteristics of caring friendships	RESPECTFUL RELATIONSHIPS O18 L6: Self-respect and happiness	BEING SAFE O26 L7: Boundaries, privacy and secrets in friendships	ONLINE RELATIONSHIPS O32 L8: Know that sometimes people pretend to be someone else, including online
3	FAMILIES O3 L1-2: Love, security and stability in happy family relationships	CARING FRIENDSHIPS O12 L3-4: Healthy, positive friendships and how they make us and others feel	RESPECTFUL RELATIONSHIPS O19 L5: Practical steps to support respectful relationships	RESPECTFUL RELATIONSHIPS O20 L6-7: Different types of bullying and the impact of bullying	BEING SAFE O27 L8-9: Persistence in asking for advice and help	ONLINE RELATIONSHIPS O33 L10: Applying the same principles to online relationships as face-to-face relationships
4	FAMILIES O4 L1-2: Characteristics of a healthy family including spending time together	FAMILIES O5 L3: Problems in family life and family relationships	CARING FRIENDSHIPS O13 L4-5: Problems in friendships and how to resolve them	RESPECTFUL RELATIONSHIPS O21 L6-7: Responsibilities of bystanders and reporting bullying	BEING SAFE O28 L8-9: Responding safely and appropriately to unknown adults including online	ONLINE RELATIONSHIPS O34 L10: How information and data is shared and used online
5	FAMILIES O6 L1: Dealing with unhappy family relationships	CARING FRIENDSHIPS O14 L2: What to do when friendships make me unhappy	RESPECTFUL RELATIONSHIPS O22 L3: Respecting others, including those in positions of authority	RESPECTFUL RELATIONSHIPS O23 L4: What stereotypes are and the impact of them	BEING SAFE O29 L5-6: Recognise and report feelings of being unsafe or feeling bad about adults	ONLINE RELATIONSHIPS O35 L7: Recognising and reporting risks and harmful content
6	FAMILIES O7 L1-2: Different types of families and how we respect differences	FAMILIES O8 L3-4: Marriage, including legal perspectives	CARING FRIENDSHIPS O15 L5-6: Managing conflict	RESPECTFUL RELATIONSHIPS O24 L7: Permission seeking and giving in relationships	BEING SAFE O30 L8-9: Getting advice and developing the confidence and vocabulary to report concerns of abuse	ONLINE RELATIONSHIPS O36 L10: Critically consider online friendships and sources of information

AUTUMN 1

FAMILIES O1

Our families and how they make us feel

To recognise:

- the composition of our families
- the roles different members of our families have
- how our families are a blessing from our Lord
- how our families makes us feel

AUTUMN 2

CARING FRIENDSHIPS O9

Choosing and making friends

To recognise:

- how we make friends
- how we feel if we do not have friends
- giving and taking in friendships
- characteristics of friendships including kindness

SPRING 1

RESPECTFUL RELATIONSHIPS O16

Good manners and courtesy

To recognise:

- what good manners look like
- rewards for good manners from an Islamic perspective
- conventions for courtesy
- how to become better mannered and courteous

SPRING 2

RESPECTFUL RELATIONSHIPS O17

Respecting each other's differences

To recognise:

- how we make choices and how these can be different to others
- that others can have different beliefs to us
- how we show respect to those who may be different in appearance, character, personality and background to us
- commonality with those whose choices or lifestyles are very different to ours

SUMMER 1

BEING SAFE O25

Looking after my body and being respectful to others

To recognise:

- that our bodies belong to us, and we need to look after them
- when contact with others is appropriate and how this can be a source of comfort
- when contact with others is inappropriate
- what to do when we feel contact is unsafe or inappropriate

SUMMER 2

ONLINE RELATIONSHIPS O31

Rules for staying safe online

To recognise:

- the different reasons we may use the internet
- the importance of keeping personal information safe
- how to stay safe on different online platforms
- the importance of reporting to adults when we feel unsafe online

AUTUMN 1

FAMILIES O2

How my family cares for me and keeps me safe

To recognise:

- what it means to be happy, safe and cared for
- danger and dangerous situations
- what our families do to protect us and keep us safe
- how those who do not have families may feel

AUTUMN 2

CARING FRIENDSHIPS 10

How friends make us feel happy and secure.

To recognise:

- what makes a good friend
- what it means to feel secure in a friendship
- insecurity in friendships and what this may look like for some of us
- how to develop security and happiness in our friendships

SPRING 1

CARING FRIENDSHIPS 11

Characteristics of caring friendships

To recognise:

- mutual respect, loyalty, kindness and generosity
- how to become trustworthy and truthful
- how to develop healthy friendships by sharing interests and experiences
- supporting friends in times of difficulty leads to stronger relationships

SPRING 2

RESPECTFUL RELATIONSHIPS O18

Self-respect and happiness

To recognise:

- what it means to have self-respect
- how to develop self-respect
- that developing our sense of self worth will lead to us being happier
- the different approaches to self-improvement including prayer and reflection

SUMMER 1

BEING SAFE O26

Boundaries, privacy and implications of these for children and adults, including keeping secrets

To recognise:

- the boundaries to stay within when online
- the difference between safe and unsafe secrets
- how to manage pressure from others, especially when we feel uncomfortable or unsafe
- how keeping secrets online can lead us to dangerous situations

SUMMER 2

ONLINE RELATIONSHIPS O32

Know that sometimes people pretend to be someone else, including online

To recognise:

- that in some situations people pretend to be someone they are not
- when to seek clarification that people are who they say they are
- how and why people behave differently online
- situations where people may pretend to be someone else online

AUTUMN 1

FAMILIES O3

Love, security and stability in happy family relationships

To recognise:

- how love is demonstrated
- that our Creator loves us
- how we can give and receive love from our family members
- the importance of security and stability in being happy in our family life

AUTUMN 2

CARING FRIENDSHIPS O12

Healthy, positive friendships and how they make us, and others feel

To recognise:

- how to develop our character and akhlaq
- the importance of welcoming others and not excluding or making others feel lonely
- what it feels like to be excluded
- how to develop healthy, positive friendships

SPRING 1

RESPECTFUL RELATIONSHIPS O19

Practical steps to support respectful relationships

To recognise:

- what it means to be respectful
- how to develop respect towards our peers and friends
- the importance of developing respect for our parents
- the steps to follow to develop respect for those who are different, or have different views to us

SPRING 2

RESPECTFUL RELATIONSHIPS O20

Different types of bullying and the impact of bullying

To recognise:

- different types of bullying including online and how it affects people
- the impact of bullying on the health of those being bullied
- why some people may become bullies and how to help them
- strategies to help those being bullied and those that bully

SUMMER 1

BEING SAFE O27

Persistence in asking for advice and help

To recognise:

- the process for, and steps to getting advice and help
- how to develop persistence in gaining help
- how to respond to those who you know or suspect are in unsafe situations
- the role we can play in our community in keeping people safe

SUMMER 2

ONLINE RELATIONSHIPS O33

Applying the same principles to online relationships as face-to-face relationships

To recognise:

- the purpose of online communication
- that the same principles apply online as face-to-face
- Islamic perspectives on online behaviour
- the importance of developing a code of conduct when dealing with people

AUTUMN 1

FAMILIES O4

Characteristics of a healthy family including spending time together

To recognise:

- what it means to be committed and how we show commitment
- the benefits of spending time and sharing our lives with our family members, including extended family
- the status of parents and the elderly in Islam and how we show them the respect due to them
- the rewards in Islam for developing and maintaining ties of kinship

AUTUMN 2

FAMILIES O5

Problems in family life and family relationships

To recognise:

- that we sometimes have problems and ups and downs in our family relationships
- that when we resolve our problems our relationships can become strengthened
- how to deal with conflict with our family members
- the importance of developing humility and refraining from arguments to improve relationships and gain

SPRING 1

CARING FRIENDSHIPS O13

Problems in friendships and how to resolve them

To recognise:

- the qualities of strong healthy friendships which people have maintained over a long period of time
- the types of problems we may have in friendships
- how to reach resolutions in our problems by discussing and getting help from others
- how to develop self-reflection as a mean of self-improvement

SPRING 2

RESPECTFUL RELATIONSHIPS O21

Responsibilities of bystanders and reporting bullying

To recognise:

- the long term effects of being bullied
- how to report bullying to adults
- the responsibility of bystanders to act when someone is being bullied
- how to get help if we are being bullied

SUMMER 1

BEING SAFE O28

Responding safely and appropriately to unknown adults including online

To recognise:

- how to respond to strangers in a range of scenarios
- Islamic perspectives to staying safe
- safety protocols when dealing with unknown people online, including adults
- where to get support and advice if we are worried about online safety

SUMMER 2

ONLINE RELATIONSHIPS O34

How information and data is shared and used online

To recognise:

- privacy and what this means
- how we can maintain our privacy online
- how our information and data is stored online
- Islamic perspectives on posting online

AUTUMN 1

FAMILIES O6

Dealing with unhappy family relationships

To recognise:

- how in some family relationships people can be unhappy
- what it means to become unhappy in family relationships
- what to do if we feel unhappy in our relationships
- practical steps we can take to rebuild family relationships

AUTUMN 2

CARING FRIENDSHIPS O14

What to do when friendships make me unhappy

To recognise:

- how to exercise judgement
- that some people may have insincere and/or harmful intentions when trying to be our friends
- how to manage situations where friendships are making us unhappy or uncomfortable
- where to access help for ourselves or others who may be in unsafe friendships

SPRING 1

RESPECTFUL RELATIONSHIPS O22

Respecting others, including those in positions of authority

To recognise:

- what it means to give and receive respect
- the importance of respecting those in authority
- the Islamic perspective on showing respect
- practical steps we can take to become more respectful

SPRING 2

RESPECTFUL RELATIONSHIPS O23

What stereotypes are and the impact of them

To recognise:

- and identify stereotypes
- how stereotypes are unfair and mostly negative and can be harmful
- how we can challenge stereotypes we ourselves have
- stereotypes of Muslims and how we can challenge these

SUMMER 1

BEING SAFE O29

Recognise and report feelings of being unsafe or feeling bad about adults

To recognise:

- unsafe situations in different contexts
- the early warning signs of feeling unsafe
- how to respond to feeling bad about adults and their behaviour and conduct
- the different channels we can use to report adults who make us feel uncomfortable or unsafe

SUMMER 2

ONLINE RELATIONSHIPS O35

Recognising and reporting risks and harmful content

To recognise:

- risks and how they are managed
- how to manage risks online
- how to deal with harmful content online
- the importance of reporting content which is upsetting, harmful and hateful

AUTUMN 1

FAMILIES O7

Different types of families and how we respect differences

To recognise:

- that families can be composed in different ways
- the importance of respecting families that are different to ours
- how some families support orphans and those in need through fostering and adoption
- how we can engage with or support the different families around us

AUTUMN 2

FAMILIES O8

Marriage, including legal perspectives

To recognise:

- marriage in Islam
- different faith perspectives on marriage
- the legal definitions of marriage and civil partnerships
- that marriage in the United Kingdom is available to both opposite and same sex couples

SPRING 1

CARING FRIENDSHIPS O15

Managing conflict

To recognise:

- that all relationships and friendships have ups and downs and what these look like
- that all friendships require work and investment which can become a means of strengthening them
- approaches to conflict resolution
- that violence and being abusive are not options when we are in conflict

SPRING 2

RESPECTFUL RELATIONSHIPS O24

Permission seeking and giving in relationships

To recognise:

- how to develop and maintain boundaries in relationships with peers, friends and adults
- the importance of seeking permission in relationships
- in which situations we have to give permission to others
- what to do when permission is not sought by others, when it should have been

SUMMER 1

BEING SAFE O30

Getting advice and developing the confidence and vocabulary to report concerns of abuse

To recognise:

- potential signs of abuse
- how we can develop confidence to report abuse
- the vocabulary required, and how to develop this when reporting concerns
- where to get advice and support when in need e.g. family, school and other sources

SUMMER 2

ONLINE RELATIONSHIPS O36

Critically consider online friendships and sources of information

To recognise:

- what it means to critically consider something
- how to critically evaluate the information we access online
- the importance of being critical of online friendships especially with people we have not met
- Qur'anic perspectives on critical consideration