

# Me and My Relationships

## Progression Ladder

### Year 6

I can explain bystander behaviour by giving examples of what bystanders do when someone is being bullied.

I can give examples of negotiation and compromise.

I can explain what inappropriate touch is and give example.

### Year 4

I can give a lot of examples of how I can tell a person is feeling worried just by their body language.

I can say what I could do if someone was upsetting me or if I was being bullied.

I can explain what being 'assertive' means and give a few examples of ways of being assertive.

Explain what we mean by a 'positive, healthy relationship';  
Describe some of the qualities that they admire in others.

### Year 2

Most of the time I can express my feelings in a safe, controlled way. I can use a range of words to describe feelings.

I can tell you some ways that I can get help, if I am being bullied and what I can do if someone teases me.

I can suggest rules that will help to keep us happy and friendly and what will help me keep to these rules.

I can give you lots of ideas about being what makes a good friend and also tell you how I try to be a good friend.

I can also tell you about some classroom rules we have made together.

### Reception

I can build constructive and respectful relationships.

I can cooperate and resolve conflicts peacefully.

I can express my feelings and consider the feelings of others.

I can identify my feelings.

I can moderate my feelings.

### Year 5

I can give a range of examples of our emotional needs and explain why they are important.

I can explain why these qualities are important.

I can give a few examples of how to stand up for myself (be assertive) and say when I might need to use assertiveness skills.

### Year 3

I can usually accept the views of others and understand that we don't always agree with each other.

I can give you lots of ideas about what I do to be a good friend and tell you some different ideas for how I make up with a friend if we've fallen out.

Explain why we have rules and how some are different for different age groups, in particular for internet-based activities.

### Year 1

I can name a variety of different feelings and explain how these might make me behave.

I can think of some different ways of dealing with 'not so good' feelings.

I know when I need help and who to go to for help.

I can tell you some different classroom rules.