

Discovery Education

Health and Relationships

Families and committed relationships

This topic explores the importance and diversity of families, and the characteristics of healthy, positive family relationships. It enables pupils to recognise when they may feel unsafe within a family, and how to ask for help if they need it. It identifies the characteristics of a committed relationship, and at Year 6 explores human reproduction and other ways that people can start a family.

Year group		Video	Vocabulary	Lessons
Y1	The importance of family	My family	family, important, differences, similarities, happy, special, superhero	1) My family 2) Our families 3) Superhero families!
Y2	The diversity of families	Different families	family, family tree, relatives, related, love, sharing, listening, support, similar, different, traditions	1) Who is in a family? 2) A happy family 3) Families of all kinds
Y3	Different types of committed relationships	Belonging together	commitment, safe, secure, trust, relationship, marriage, change, affect, loss, separation, divorce	1) Commitment and marriage 2) All change! 3) Family changes: when parents separate
Y4	Families and other relationships	Spoiling the fun?	relationships, appropriate, behaviour, belonging, membership, together, family	1) Different relationships: boundaries and behaviour 2) Belonging 3) Caring families
Y5	Healthy, committed relationships	What is love?	relationships, healthy, diversity, commitment	1) Values of healthy relationships 2) Diversity in relationships 3) It's all about commitment
Y6	Starting a family (sex education)	Starting a family	sexual intercourse, sex, fertilise, conception, foetus, sperm, egg, pregnant, IVF, adoption, Caesarean section, babies, commitment, responsibility, law, legal, age restriction, age of consent, safe	1) Starting a family 2) The impact of having a baby 3) When is it right?