



# PSHE and Citizenship

Relationships | VIPs

# Families



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# Aim

- I can describe why families are important.

# Success Criteria

- I can identify who is in my family.
- I can explain why we need our families and how they can help us.
- I can give reasons to explain why members of my family are important to me.
- I can think of ways families can show each other they care.
- I can identify that not all families are the same and I can respect those families that are different to mine.

# Our Families



We all belong to a family group.

These family groups will all be different. Some may be big, others may be small and they may have a different mix of people in them.

This is OK — we are all different and difference is something to be celebrated!



**Who is in your family? Tell a partner.**

# When We Need Our Families



The special people in our family are those who help us to feel safe, happy, loved, cared for and healthy. They are the people we trust and who help to meet our basic needs.

When might we need the special people in our family?

When we are worried about something.

When we are hungry.

When we are feeling sad.

When we want to go somewhere.

When we are feeling happy.

When we are proud of something.

When we want to play a game.

When we need some help.

# When We Need Our Families



Can you think of any other times when we might need the special people in our family?

Families can go through challenging times. It is important to talk to someone we trust if we are worried about anything at all.

# When We Need Our Families



Sometimes, something happens in a family that makes a person feel worried, uncomfortable or unsafe.

This might be when someone is hurt or touched in a way that doesn't feel OK. If this happens, it is important to tell a trusted adult about it.



This could be another person in our family or a grown-up at school. Every child has the right to feel happy, healthy and safe at home with their family.



# My Family



Our families are all different — we need them in lots of different ways and the people in them are important to us for lots of different reasons.

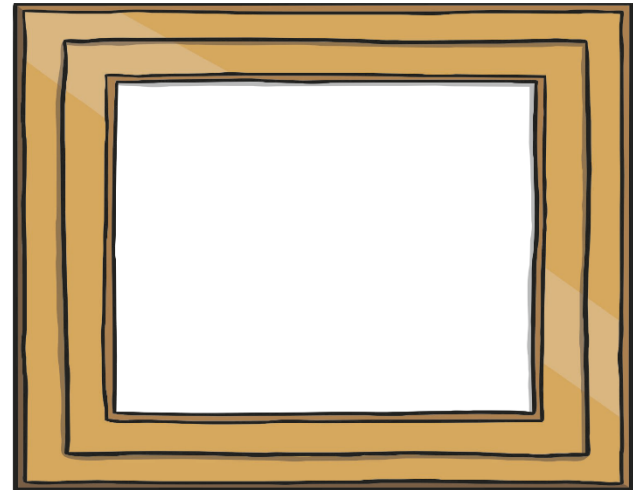
Draw a picture of the special people in your family and write a sentence to explain why they are important to you.

After you have finished, share your work with the class, if you feel happy to do so.

## My Family

Our families are all different — we need them in lots of different ways and the special people in them are important to us for lots of different reasons.

Draw a picture of the special people in your family and write a sentence to explain why they are important to you.



These people are important to me because...

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**Consolidating**

**Reflecting**



# Caring



It is important that families show each other that they care. It helps everyone to feel safe and happy.

Look at the picture cards in your groups.

How are the families showing each other that they care?

Why is this important?



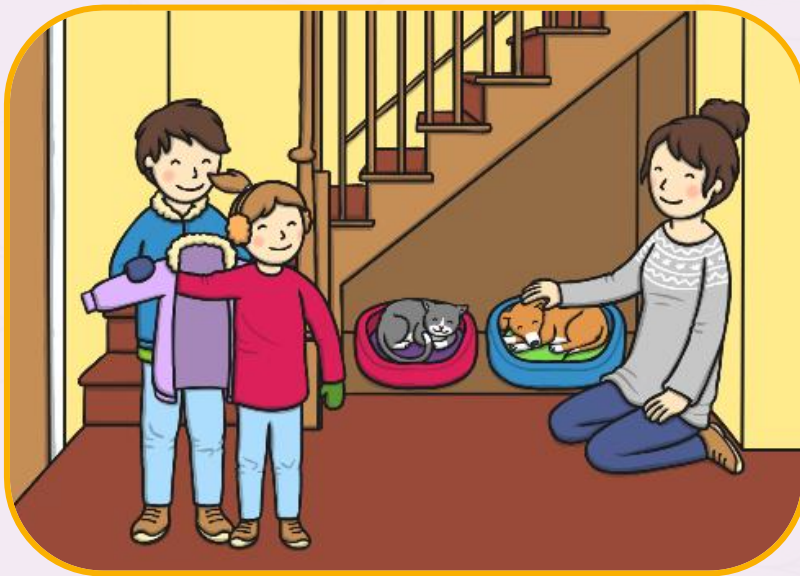
This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association Programme of Study

# How Can I Help My Family?



Families help each other in lots of different ways.

Look at these pictures. How are the families helping each other?

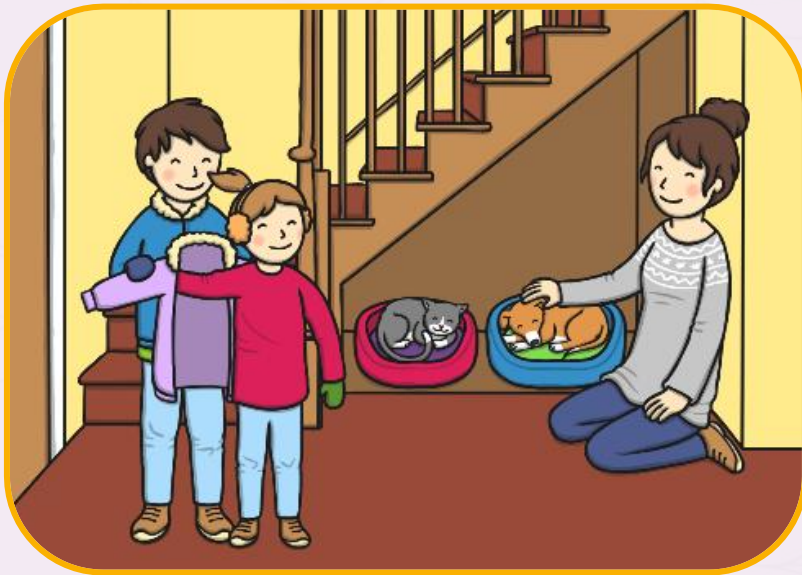


If you are feeling worried or unhappy about anything in your family, talking to a trusted adult is a good place to start. This could be an adult in school, someone in your family or someone else who looks after others as their job, like a doctor, nurse or police officer.

# How Can I Help My Family?



Take a moment of quiet to think about how you could help your family.



Special people in our family can help us to feel safe, happy and loved and when we feel good inside, we can help others to feel good inside too.

**If you feel happy to, share your thoughts with the class.**

Let's be a class that cares for and helps all the special people in our lives.



Why are families important?

How should the people in your family make you feel?



What is the most important thing you have learnt?



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