Children in Key Stage Two are reminded about Buddy, the NSPCC mascot.



Buddy is a friendly, green speech bubble, who believes that children should be able to speak out to someone if they are worried or unhappy. He encourages children to tell a trusted adult if they are going through abuse.
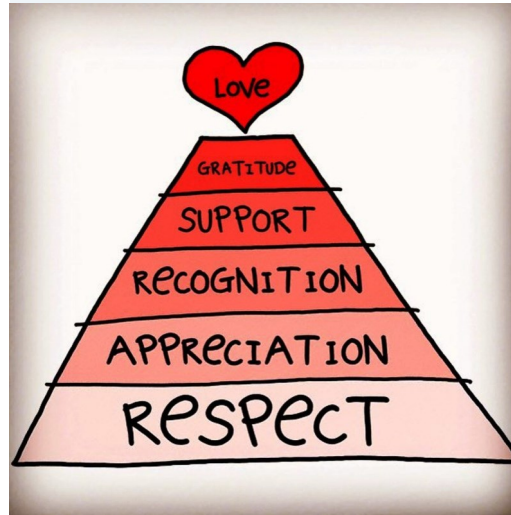
**All children have the right to:**
✓ speak out and be heard
✓ be safe
✓ get help when they need it.

Speak out if you or someone you know is at risk of an unhealthy relationship.
**We all have the right to be safe and heard.**



Love
GRATITUDE
SUPPORT
RECOGNITION
APPRECIATION
RESPECT

**Getting help**

Children learn about Childline, and how they can get in contact if they are worried or need to talk.

**Getting in touch with Childline.**
CHILDLINE 0800 1111
✓ It's free to call.
✓ Open all day, every day, meaning that help's always available.
✓ The call won't show up on any bill.


PACE Academy Trust
PARTNERSHIP · ACHIEVEMENT
COMMUNITY - EXCELLENCE

# Healthy Relationships



*Article 17: every child has the right to reliable information from a variety of sources*

### What is a relationship?

Children across the school have relationships with various different people in their lives. These may be teachers, parents, family members and friends.

Discussions across the school emphasise the importance of relationships being built on trust and mutual respect.

In Year 5 and 6, we discuss relationships including marriage. It is important for our older children to understand that healthy relationships are not just for children but for adults too. All of our children are reminded to speak out if they are worried about an unhealthy relationship at home.
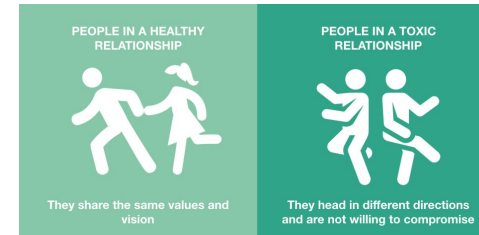
### What is a healthy relationship?

Across the school, children discuss the importance of healthy relationships and friendships.

Healthy friendships:

- Listens to you
- Treats you with respect
- Is considerate of your feelings
- Is fair and non-judgemental
- Shares with you
- Allows you to spend time with others
- Is honest
- Apologises if they have upset your feelings

PEOPLE IN A HEALTHY RELATIONSHIP

They share the same values and vision

PEOPLE IN A TOXIC RELATIONSHIP

They head in different directions and are not willing to compromise

### What is an unhealthy relationship?

Children also think about what an unhealthy relationship may mean and how that feels.

Unhealthy friendships:

- Say unkind things about you or to you
- Does not want you to play with other children
- Pressures you to do or say things you do not want to do
- Does not listen to you
- Will not apologise if they have upset you
- Does not let you have your say