

My Family Coach in KS1 & KS2

How does My Family Coach complement statutory Relationships Education and Health Education lessons in school?

My Family Coach is designed around the needs of families and complements many areas of statutory guidance and wider PSHE teaching in school.

There are several ways My Family Coach can be used to support your lessons:

- When you are teaching a RHE/ PSHE topic, share the relevant My Family Coach resources with your parents and carers.
- My Family Coach resources can be added to a PSHE curriculum map.
- If a family is experiencing a particular need, share relevant My Family Coach resources with them.
- My Family Coach resources can be shared as part of a response to specific issues your school is facing.

The grids below set out the statutory Relationships and Health Education guidance for Primary Schools with appropriate My Family Coach resources. You will need to sign into the My Family Coach website to view them.

Relationship Education KS1 & KS2	
Theme: Families and people who care for me	
By the end of primary school, pupils should know:	
that families are important for children growing up because they can give love, security and stability.	Support Talk: Bouncing Forward (complete video series) Quick Read: 5 Reasons to Make Playing With Your Child a

	<p><u>Priority</u></p> <p>Quick Read: <u>3 Ways to Celebrate Positive Progress</u></p> <p>Quick Read: <u>Why You Should Stop When Family Life is Improving</u></p> <p>Quick Read: <u>What To Do When Your Child Says No</u></p> <p>Quick Read: <u>5 Ways to Enjoy Spending Time as a Family</u></p>
the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.	<p>Support Talk: <u>Bouncing Forward</u> (complete video series)</p> <p>Support talk: <u>The Ask</u> (complete video series)</p> <p>Quick Read: <u>3 Ways to Celebrate Positive Progress</u></p> <p>Quick Read: <u>Why You Should Stop When Family Life is Improving</u></p> <p>Quick Read: <u>5 Reasons to Make Playing With Your Child a Priority</u></p> <p>Quick Read: <u>Stop Giving Ultimatums and Start Doing This Instead.</u></p> <p>Quick Read: <u>5 Ways to Enjoy Spending Time as a Family</u></p> <p>Quick Read: <u>6 Reasons Why Your Child Isn't Talking to You</u></p> <p>Podcast: <u>Positive About Behaviour</u></p> <p>Podcast: <u>Behaviour and Body Language</u></p> <p>Podcast: <u>Behaviour and Consistency</u></p> <p>Podcast: <u>Behaviour and Positive Approaches</u></p> <p>Podcast: <u>Difficult Conversations</u></p> <p>Podcast: <u>Respectful Conversations</u></p> <p>Podcast: <u>Language & Behaviour</u></p>
that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.	<p>Quick read: <u>Teach Your Child to Respect Themselves and Others</u></p> <p>Quick Read: <u>Is My Child a Bully and What Can I Do About It?</u></p> <p>Podcast: <u>Behaviour and Stereotypes</u></p>
that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important	<p>Support Talk: <u>Bouncing Forward</u> (complete video series)</p> <p>Support talk: <u>The Ask</u> (complete video series)</p>

for children's security as they grow up.	<p>Quick Read: 5 Reasons to Make Playing With Your Child a Priority</p> <p>Quick Read: 6 Reasons Why Your Child Isn't Talking to You</p> <p>Podcast: Positive About Behaviour</p> <p>Podcast: Behaviour and Body Language</p> <p>Podcast: Behaviour and Consistency</p> <p>Podcast: Behaviour and Positive Approaches</p> <p>Podcast: Respectful Conversations</p> <p>Podcast: Language & Behaviour</p>
that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.	
how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed	
Theme: Caring Friendships	
By the end of primary school, pupils should know:	
how important friendships are in making us feel happy and secure, and how people choose and make friends.	Quick Read: How to Help Your Child Make Friends (and Keep Them)
the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.	<p>Quick Read: How to Help Your Child Make Friends (and Keep Them)</p> <p>Quick Read: What You Can Do If Your Child is Being Bullied</p> <p>Quick Read: Helping Your Child With Bullying at School</p> <p>Quick Read: Is My Child a Bully and What Can I Do About It?</p>

that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	<p>Quick Read: Helping Your Child Manage Peer Pressure</p> <p>Quick Read: What You Can Do If Your Child is Being Bullied</p> <p>Quick Read: Is My Child a Bully and What Can I Do About It?</p> <p>Quick Read: How to Help Your Child if They're Bullied Online</p> <p>Quick Read: Helping Your Child With Bullying at School</p>
that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.	<p>Quick Read: Helping Your Child With Friendship Breakups</p> <p>Quick Read: What You Can Do If Your Child is Being Bullied</p> <p>Quick Read: Is My Child a Bully and What Can I Do About It?</p>
how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.	<p>Quick Read: Helping Your Child Manage Peer Pressure</p> <p>Quick Read: Helping Your Child With Friendship Breakups</p> <p>Quick Read: What You Can Do If Your Child is Being Bullied</p> <p>Quick Read: Is My Child a Bully and What Can I Do About It?</p> <p>Quick Read: Helping Your Child With Bullying at School</p>
Theme: Respectful Relationships	
By the end of primary school, pupils should know:	
the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.	<p>Support Talk: Bouncing Forward: Empathy</p> <p>Quick Read: Why it's Never Too Early to Talk About Consent</p> <p>Quick Read: Is My Child a Bully and What Can I Do About It?</p> <p>Quick read: Teach Your Child to Respect Themselves and Others</p>

	Podcast: Behaviour and Stereotypes Podcast: Respectful Conversations Podcast: Language & Behaviour
practical steps they can take in a range of different contexts to improve or support respectful relationships.	Support talk: The Ask (complete video series) Support talk: The Ask: Ultimatums Support Talk: Bouncing Forward: Empathy Quick Read: Stop Giving Ultimatums and Start Doing This Instead. Quick Read: What To Do When Your Child Says No Quick Read: Is My Child a Bully and What Can I Do About It? Podcast: Positive About Behaviour Podcast: Behaviour and Positive Approaches Podcast: Behaviour and Stereotypes Podcast: Respectful Conversations Podcast: Language & Behaviour
the conventions of courtesy and manners.	Support talk: The Ask (complete video series) Support Talk: Bouncing Forward: Offering Choices Quick Read: Stop Giving Ultimatums and Start Doing This Instead. Quick Read: 6 Reasons Why Your Child Isn't Talking to You Quick Read: What To Do When Your Child Says No Quick Read: Why Your Young Child Swears and How to Stop It Podcast: Difficult Conversations Podcast: Respectful Conversations Podcast: Language & Behaviour
the importance of self-respect and how this links to their own happiness.	Quick read: Teach Your Child to Respect Themselves and Others
that in school and in wider society they can expect to be treated with respect by others, and that in turn they should	Support talk: The Ask (complete video series) Support Talk: Bouncing Forward: Empathy

show due respect to others, including those in positions of authority.	<p>Quick Read: Simple Ways to Stop Your Child Telling Lies</p> <p>Quick Read: 5 Easy Ways to Get Your Child Listening To You</p> <p>Quick read: Teach Your Child to Respect Themselves and Others</p> <p>Quick Read: Is My Child a Bully and What Can I Do About It?</p> <p>Quick Read: Supporting Your Child When They Struggle at School</p> <p>Podcast: Respectful Conversations</p> <p>Podcast: Language & Behaviour</p>
about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.	<p>Quick Read: What You Can Do If Your Child is Being Bullied</p> <p>Quick Read: Is My Child a Bully and What Can I Do About It?</p> <p>Quick Read: How to Help Your Child if They're Bullied Online</p> <p>Quick Read: Helping Your Child With Bullying at School</p>
what a stereotype is, and how stereotypes can be unfair, negative or destructive.	<p>3 Damaging Stereotypes and How to Change Them</p> <p>Podcast: Behaviour and Stereotypes</p>
the importance of permission-seeking and giving in relationships with friends, peers and adults.	<p>Quick Read: Why it's Never Too Early to Talk About Consent</p>
Theme: Online Relationships	
By the end of primary school, pupils should know:	
that people sometimes behave differently online, including by pretending to be someone they are not.	<p>Quick Read: Managing Social Media With Primary Age Children</p> <p>Quick Read: How to Reduce Arguments About Screen Time</p> <p>Quick Read: How to Help Your Child if They're Bullied</p>

	<u>Online</u>
that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.	
the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them	Quick Read: How to Reduce Arguments About Screen Time Quick Read: Managing Social Media With Primary Age Children Quick Read: How to Help Your Child if They're Bullied Online
how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.	Quick Read: Managing Social Media With Primary Age Children Quick Read: How to Reduce Arguments About Screen Time Quick Read: Worrying Signs Your Child's Being Radicalised
how information and data is shared and used online.	Quick Read: Managing Social Media With Primary Age Children Quick Read: How to Reduce Arguments About Screen Time
Theme: Being Safe	
By the end of primary school, pupils should know:	
what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)	Quick Read: Helping Your Child Manage Peer Pressure Quick Read: Helping Your Child With Friendship Breakups Quick Read: Managing Social Media With Primary Age Children Quick Read: Is My Child a Bully and What Can I Do About It?

about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.	<p>Quick Read: Managing Social Media With Primary Age Children</p> <p>Quick Read: What to Do if Your Child Tells You They've Been Abused</p> <p>Quick Read: How to Keep Your Child Safe From Abuse</p> <p>Quick Read: Why it's Never Too Early to Talk About Consent</p>
that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	<p>Quick Read: Why it's Never Too Early to Talk About Consent</p>
how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.	<p>Quick Read: Managing Social Media With Primary Age Children</p> <p>Quick Read: How to Reduce Arguments About Screen Time</p>
how to recognise and report feelings of being unsafe or feeling bad about any adult.	<p>Quick Read: Why it's Never Too Early to Talk About Consent</p>
how to ask for advice or help for themselves or others, and to keep trying until they are heard.	<p>Quick Read: Why it's Never Too Early to Talk About Consent</p> <p>Quick Read: Managing Social Media With Primary Age Children</p> <p>Quick Read: How to Reduce Arguments About Screen Time</p>
how to report concerns or abuse, and the vocabulary and confidence needed to do so.	<p>Quick Read: Why it's Never Too Early to Talk About Consent</p> <p>Quick Read: Managing Social Media With Primary Age Children</p> <p>Quick Read: How to Reduce Arguments About Screen Time</p> <p>Quick Read: How to Keep Your Child Safe From Abuse</p> <p>Quick Read: What to Do if Your Child Tells You They've Been Abused</p>

where to get advice e.g. family, school and/or other sources.	Quick Read: Why it's Never Too Early to Talk About Consent Quick Read: How to Keep Your Child Safe From Abuse Quick Read: What to Do if Your Child Tells You They've Been Abused
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Health Education KS1 & KS2	
Theme: Mental Wellbeing	
By the end of primary school, pupils should know:	
that mental wellbeing is a normal part of daily life, in the same way as physical health.	Quick Read: Should I Worry that My Child Seems Withdrawn? Quick Read: Understanding Anxious Feelings In Younger Children Quick Read: Common Signs of Child Depression Online Course: Mental Health Awareness (paid resource) Online Course: Dealing with Stressful Situations (paid resource) Podcast: Social and Emotional Mental Health
that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.	Quick Read: Simple Ways to Cope With Your Grumpy Child Quick Read: How to Help When Your Child Cries Quick Read: Helping Your Child Overcome Embarrassment Quick Read: How to Cope With Your Child's Hot Temper Quick Read: What to Do When Your Child Feels Scared Quick Read: Supporting Your Child When They Struggle at School Podcast: Social and Emotional Mental Health

<p>how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.</p>	<p>Quick Read: <u>How to Help Your Insecure Child</u> Quick Read: <u>How to Recognise When Your Child Feels Agitated</u> Support Talk: Bouncing Forward: <u>Reframe</u> Quick Read: <u>6 Reasons Why Your Child Isn't Talking to You</u> Quick Read: <u>How to Help Your Angry Child Calm Down</u> Quick Read: <u>5 Easy Ways to Get Your Child Listening To You</u> Quick Read: <u>Why Your Young Child Swears and How to Stop It</u> Podcast: <u>Social and Emotional Mental Health</u> Podcast: <u>Difficult Conversations</u> Podcast: <u>Respectful Conversations</u> Podcast: <u>Language & Behaviour</u></p>
<p>how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.</p>	<p>Quick Read: <u>Helping Your Child Overcome Embarrassment</u> Quick Read: <u>How to Help Your Angry Child Calm Down</u> Quick Read: <u>Is My Child Naturally Naughty?</u> Quick Read: <u>How can I Stop My Child Screaming?</u> Quick Read: <u>Simple Ways to Stop Your Child Spitting</u> Quick Read: <u>How to Stop Your Child Shouting</u> Quick Read: <u>Easy Ways to Deal With Child Tantrums</u> Podcast: <u>Respectful Conversations</u> Podcast: <u>Language & Behaviour</u></p>
<p>the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.</p>	<p>Support Talk: Bouncing Forward: <u>The Power of Play</u> Support Talk: Bouncing Forward: <u>Empathy</u> Support Talk: Bouncing Forward: <u>Togetherness</u> Quick Read: <u>5 Simple Ways to Enjoy Spending Time as a Family</u> Quick Read: <u>5 Reasons to Make Playing With Your Child a Priority</u></p>

simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	<p>Quick Read: 3 Ways to Celebrate Positive Progress</p> <p>Quick Read: Why You Should Stop When Things Start Improving</p> <p>Support Talk: Bouncing Forward: Reframe</p> <p>Quick Read: 5 Reasons to Make Playing With Your Child a Priority</p> <p>Quick Read: The Surprising Benefits of Journaling</p> <p>Online Course: Dealing with Stressful Situations (paid resource)</p>
isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	<p>Quick Read: Should I Worry that My Child Seems Withdrawn?</p> <p>Quick Read: 10 Ideas to Support Persistent Child Sadness</p> <p>Online Course: Mental Health Awareness (paid resource)</p>
that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.	<p>Quick Read: What You Can Do If Your Child is Being Bullied</p>
where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).	<p>Quick Read: Should I Worry that My Child Seems Withdrawn?</p> <p>Quick Read: Could Your Child be Self-Harming?</p> <p>Quick Read: What to Do When Your Child Can't Cope</p> <p>Quick Read: Supporting Your Child When They Struggle at School</p> <p>Podcast: Social and Emotional Mental Health</p> <p>Online Course: Self Harm (paid resource)</p> <p>Online Course: Suicidal Thoughts (paid resource)</p> <p>Online Course: Mental Health Awareness (paid resource)</p>
it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.	<p>Podcast: Social and Emotional Mental Health</p> <p>Online Course: Mental Health Awareness (paid resource)</p> <p>Online Course: Dealing with Stressful Situations (paid resource)</p>
Theme: Internet Safety & Harms	

By the end of primary school, pupils should know:	
that for most people the internet is an integral part of life and has many benefits.	
about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.	Quick Read: How to Reduce Arguments About Screen Time Quick Read: Managing Social Media With Primary Age Children
how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.	Quick Read: Managing Social Media With Primary Age Children Quick read: Teach Your Child to Respect Themselves and Others Quick Read: How to Help Your Child if They're Bullied Online
why social media, some computer games and online gaming, for example, are age restricted.	Quick Read: How to Reduce Arguments About Screen Time Quick Read: Managing Social Media With Primary Age Children
that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.	Quick Read: Managing Social Media With Primary Age Children Quick Read: How to Reduce Arguments About Screen Time Quick Read: How to Help Your Child if They're Bullied Online
how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.	Quick Read: Managing Social Media With Primary Age Children Quick Read: How to Reduce Arguments About Screen Time
where and how to report concerns and get support with issues online.	Quick Read: Worrying Signs Your Child's Being Radicalised Quick Read: Managing Social Media With Primary Age Children Quick Read: How to Reduce Arguments About Screen Time

	Quick Read: How to Help Your Child if They're Bullied Online
Theme: Physical Health & Fitness	
By the end of primary school, pupils should know:	
the characteristics and mental and physical benefits of an active lifestyle.	Quick Read: 5 Ways to Enjoy Spending Time as a Family Quick Read: 5 Reasons to Make Playing With Your Child a Priority
the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.	Quick Read: How Does a Healthy Lifestyle Affect Behaviour?
the risks associated with an inactive lifestyle (including obesity).	Quick Read: How Does a Healthy Lifestyle Affect Behaviour?
how and when to seek support including which adults to speak to in school if they are worried about their health.	Quick Read: How Does a Healthy Lifestyle Affect Behaviour?
Theme: Healthy Eating	
By the end of primary school, pupils should know:	
what constitutes a healthy diet (including understanding calories and other nutritional content).	Quick Read: How Does a Healthy Lifestyle Affect Behaviour?
the principles of planning and preparing a range of healthy meals.	Quick Read: How Does a Healthy Lifestyle Affect Behaviour?

the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).	Quick Read: How Does a Healthy Lifestyle Affect Behaviour? Quick Read: Talking to Your Child About Drugs and Alcohol
Theme: Drugs, Alcohol & Tobacco	
By the end of primary school, pupils should know:	
the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.	Online Course: Gang Issues and County Lines (paid) Online Course: Supporting Vulnerable Teenagers and Young People (paid resource) Quick Read: Talking to Your Child About Drugs and Alcohol
Theme: Health and Prevention	
By the end of primary school, pupils should know:	
how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.	
about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.	
the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.	Quick Read: Why Your Child Isn't Sleeping (And What to Do About It) Quick Read: 4 Energy Tips for Your Exhausted Child Quick Read: Talking to Your Child About Drugs and Alcohol

about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.	
about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.	
the facts and science relating to allergies, immunisation and vaccination.	
Theme: Basic First Aid	
By the end of primary school, pupils should know:	
how to make a clear and efficient call to emergency services if necessary.	
concepts of basic first-aid, for example dealing with common injuries, including head injuries.	
Theme: Changing Adolescent Body	
By the end of primary school, pupils should know:	
key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.	Quick Read: <u>Easy Ways to Support Your Child Through Puberty</u>
about menstrual wellbeing including the key facts about the menstrual cycle.	Quick Read: <u>Easy Ways to Support Your Child Through Puberty</u>

