



How Compassion Matters fits with the Department for Education’s Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance Regulations

Relationship Education: Primary

Compassion Matters supports the specified outcomes related to the following areas of relationship education as outlined in the Department of Educations guidance published in May 2019.

<p>Families and people who care for me</p>	<p>Pupils should know:</p> <ul style="list-style-type: none"> • That families are important for children growing up because they can give love, security and stability. • 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. • 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. • That stable, caring relationships, which may be of different types, are at the heart of happy families and are important for children’s security as they grow up. • 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. 	<p>Compassion Matters supports children to build a positive relationship with others by helping children develop social awareness, relationship skills, self-awareness and empathy. Through the projects learning materials, we explore several examples of family and peer relationships allowing the children to explore these examples in depth and come to the conclusion of what is a safe, stable and healthy relationship.</p>
<p>Caring friendships</p>	<p>Pupils should know:</p>	<p>Compassion Matters allows participating children to have a space to explore the importance of</p>



	<ul style="list-style-type: none"> • How important friendships are in making us feel happy and secure and how people choose and make friends. • The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. • That healthy friendships are positive and welcoming towards others and do not make others feel lonely or excluded. • 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. • How to recognise whom 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>relationships with others, including friends. The course explores the importance of compassion for others and also explores responsible decision making, including when to not engage with certain situations. The learning materials promote relationships which are inclusive, supportive and compassionate at their heart.</p>
Respectful relationships	<p>Pupils should know:</p> <ul style="list-style-type: none"> • 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. • Practical steps they can take in a range of different contexts to improve or support respectful relationships. • The conventions of courtesy and manners. • The importance of self-respect and how this links to their happiness. • That in school and wider society they can expect to be treated with respect by others, and that in turn, they should show due respect to others, including those in positions of authority. 	<p>Compassion Matters allows children to explore ideas from people from a range of experiences, cultures and backgrounds. The course supports greater social awareness, tolerance and understanding of others, including respecting different peoples and lifestyles. The learning materials also explore the importance of self-compassion and self-respect.</p>
Being Safe	<p>Pupils should know:</p> <ul style="list-style-type: none"> • What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). 	<p>Compassion Matters supports children to understand the importance of making responsible decisions, being socially aware and self-aware so that they are safe. This includes when to help others</p>



	<ul style="list-style-type: none">• 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.• That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.• How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.• How to recognise and report feelings of being unsafe or feeling bad about any adult.• How to ask for advice or help for themselves or others, and to keep trying until they are heard.• How to report concerns or abuse, and the vocabulary and confidence needed to do so.• Where to get advice, e.g. family, school and other sources.	and not, how to respond appropriately to several situations set out during the course.
--	--	--

Relationship Education: Secondary

Families	<p>Pupils should know:</p> <ul style="list-style-type: none">• That there are different types of committed, stable relationships.• How these relationships might contribute to human happiness and their importance for bringing up children.• What marriage is, including their legal status, e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony.• Why marriage is an important relationship choice for many couples and why it must be freely entered into.• The characteristics and legal status of other types of long-term relationships.	Compassion Matters supports children and young people to develop positive relationship building skills centred around compassion. This includes empathy, awareness, emotional regulation and understanding of others. The learning materials also support responsible decision making and include exploring risk related to actions, including relationships.
----------	---	---



	<ul style="list-style-type: none"> • The roles and responsibilities of parents concerning raising of children, including the characteristics of successful parenting. • How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed. 	
<p>Respectful relationships including friendships</p>	<p>Pupils should know:</p> <ul style="list-style-type: none"> • The characteristics of positive and healthy friendships (in all contexts, including online) including trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship. Practical steps they can take in a range of different contexts to improve or support respectful relationships. • How stereotypes, in particular, stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice). • That in school and wider society they can expect to be treated with respect by others, and that in turn, they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs. • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying, and how and where to get help. • That some types of behaviour within relationships are criminal, including violent behaviour and coercive control. • What constitutes sexual harassment and sexual violence and why these are always unacceptable. • The legal rights and responsibilities regarding equality (particularly concerning the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal. 	<p>Compassion Matters enables children and young people to explore the benefits, challenges and build skills required to develop positive relationships with others, including peers.</p>



Physical health and Mental Wellbeing: Primary

Mental Health	<p>Mental wellbeing Pupils should know:</p> <ul style="list-style-type: none">• That mental wellbeing is a normal part of daily life, in the same way as physical 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 about different experiences and situations.• 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.• How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.• The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.• Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.• Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.• That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.• 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>Compassion Matters support children to explore in depth emotions such as happiness, anger and fear using accessible and relatable examples. The learning materials also enable children to explore their emotions with others and develop greater emotional literacy.</p> <p>Compassion Matters enables children to assess their emotions and feeling, develop greater self-awareness and regulate emotions and behaviour.</p> <p>Compassion Matters helps children to understand the importance of community, compassion for others, and how a positive active role in society can benefit wellbeing and happiness.</p> <p>Compassion Matters gives examples of how self-care and benefits of activities can support mental health.</p> <p>Compassion Matters supports children to develop positive relationship building skills and focus on empathy and understanding others.</p> <p>Compassion Matters gives children guidance about how to appropriately seek the support of others, including parents.</p> <p>Compassion Matters helps children to understand that benefits of positive relationships with others on positive mental health.</p>
---------------	--	---



	<ul style="list-style-type: none">• 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.	
--	--	--

Physical Health and Mental Wellbeing: Secondary

Mental Health	<p>Pupils should know:</p> <ul style="list-style-type: none">• How to talk about their emotions accurately and sensitively, using appropriate vocabulary.• That happiness is linked to being connected to others.• How to recognise the early signs of mental wellbeing concerns.• Common types of mental ill health (e.g. anxiety and depression).• How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.• The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.	Compassion Matters supports children and young people to develop greater emotional literacy. It also supports them to explore the concept of happiness in-depth across four lessons and how it is linked to positive relationships with others. It supports the development of critical thinking skills and evaluate how something may effect on their wellbeing. The learning materials enable the development of social-emotional learning skills to support better mental wellbeing.
---------------	---	---

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>