How do *Zippy's Friends*, *Apple's Friends* and *Passport* fulfil statutory requirements for Relationships and Health Education?

The statutory guidance for Relationships and Health Education for primary schools was published on 26th February 2019, and mental wellbeing education will be compulsory for schools from 2020.

> ## The *Skills for Life* programmes cover many of the key requirements.

Relationships Education

Families and People who Care for Me	(support)
Caring Friendships	✓
Respectful Relationships	✓
Online Relationships	(support)
Being Safe	(support)

Physical Health & Mental Wellbeing

Mental Wellbeing	✓
Internet Safety and Harms	(support)
Physical Health and Fitness	(support)
Healthy Eating	(support)
Drugs, Alcohol and Tobacco	✗
Health and Prevention	(support)
Basic First Aid	✗
Changing Adolescent Body	✗

Key:

✓	(support icon)	✗
Programmes cover this	Programmes support this	Programmes do not cover this

> See full mapping document below to see which parts of the requirements are met by different modules in our three programmes.

Partnership for Children
Good mental health for children - for life

SKILLS FOR LIFE Programmes

SKILLS FOR LIFE Zippy's Friends

SKILLS FOR LIFE Apple's Friends

SKILLS FOR LIFE Passport

Relationships Education

Pupils should know:	Do *Skills for Life* programmes meet the requirement?	Where is this covered in the programmes?
Caring Friendships		
• how important friendships are in making us feel happy and secure, and how people choose and make friends.	✓	*Zippy's Friends*: Module 3 • Improve children's abilities to make and keep friends
• the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.	✓	*Apple's Friends*: Module 3 • Consider the qualities important in a friend *Passport*: Module 2: Session 2 • Explore how to make and keep friends
• that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	✓	*Zippy's Friends* & *Apple's Friends*: Module 3: Session 2 • Improve children's skills for coping with loneliness and rejection *Passport*: Module 2: Session 3 • Identify coping skills for rejection and abandonment
• 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.	✓	*Zippy's Friends*: Module 3: Session 3 • Resolve conflicts with friends
• 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.	✓	*Apple's Friends*: Module 3: Session 3 • Problems with friends *Passport*: Module 2: Session 3 • Challenges in friendships *Zippy's Friends*: Module 4: Sessions 3 • Solving conflicts *Passport*: Module 3: Session 3 • Coping with conflict
Respectful relationships		
• 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.	✓	*Passport*: Module 1: Session 1 • Valuing our differences and similarities

• practical steps they can take in a range of different contexts to improve or support respectful relationships.	✓	Throughout all of the programmes, children follow rules which encourage respectful relationships, e.g. listen to each other, don't say nasty things, and think of nice things to say to each other.
• the conventions of courtesy and manners.	✓	*Zippy's Friends*: Module 2 • Four Steps to good Communication *Zippy's Friends*: Module 3 • Resolving conflicts in a respectful way *Zippy's Friends*: Module 4 • Four steps to help friends solve a problem *Apple's Friends*: Module 2 • How to say what we want to say in a respectful way and the importance of listening skills *Zippy's Friends* and *Apple's Friends*: Module 5 • Ways to help a friend who has experienced loss *Passport*: Module 4 • Fairness, Justice and What is Right *Passport*: Module 5: Session 3 • Helping others in difficult situations
• the importance of self-respect and how this links to their own happiness.	👪	The key message of the programmes is to find solutions to problems that make us feel better and do not hurt us.
• that in school and in 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.	✓	See respectful relationships and conventions of courtesy and manners above.
• 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.	✓	*Zippy's Friends*: Module 4: Session 2 • Dealing with bullying *Apple's Friends*: Module 4: Session 3 • Rules against bullying *Passport*: Module 4: Session 2 • Dealing with bullying
• what a stereotype is, and how stereotypes can be unfair, negative or destructive.	✗	
• the importance of permission-seeking and giving in relationships with friends, peers and adults.	✗	
• families and people who care for me	👪	The programmes are based around stories. In the stories, children read about different types of families. There are opportunities throughout the programmes to discuss children's own family situations. Support between family members is a coping strategy promoted in the programmes.
• online relationships	👪	Online relationships are included in the sessions on communication, friendships and conflict resolution.
• being safe	👪	The programmes cover how to get help with difficult feelings and situations in a safe way.

Physical Health & Mental Wellbeing Guidelines

Pupils should know:	Do *Skills for Life* programmes meet the requirement?	Where is this covered in the programmes?
Mental wellbeing		
• that mental wellbeing is a normal part of daily life, in the same way as physical health.	✓	The aim of the programmes is to support the positive mental wellbeing of children. Every session involves activities about daily situations that affect our mental wellbeing and teach children positive coping strategies.
• 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.	✓	*Zippy's Friends*, *Apple's Friends* & *Passport*: Module 1 • Understanding and expressing our emotions • Recognising other people's feelings
• 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.	✓	*Zippy's Friends* & *Apple's Friends*: Modules 2 and 5 • Effective ways of communicating our feelings and expressing emotions *Passport* Module 4: Sessions 1 and 3 • Feelings in unfair situations
• how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	✓	Throughout all of the programmes, coping skills for difficult feelings and situations to promote self-care are taught, discussed and practised. Examples such as exercise, time outdoors, hobbies, spending time with friends and families and relaxation are encouraged. *Zippy's Friends*: Module 4: Session 1 • How to recognise good solutions *Zippy's Friends*: Module 5: Session 2 • Coping with death *Zippy's Friends*: Module 6: Session 1 • Different ways to cope *Apple's Friends*: Module 1: Session 3 • How to feel better *Apple's Friends*: Module 5: Session 3 • Coping with loss *Apple's Friends*: Module 6 • Dealing with disappointment • Ways to cope with worries *Passport*: Module 3 • Dealing with stress and frustration *Passport*: Module 2: Session 1 • Coping skills *Passport*: Module 5 • Dealing with loss and change
• 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.	✓	*Zippy's Friends* & *Apple's Friends*: Module 3: Session 2 • Improve children's skills for coping with loneliness and rejection *Passport*: Module 2: Session 3 • Identify coping skills for rejection and abandonment
• that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.	✓	*Zippy's Friends*: Module 4: Session 2 • Dealing with bullying *Apple's Friends*: Module 4: Session 3 • Rules against bullying *Passport*: Module 4: Session 2 • Dealing with bullying
• 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).	✓	*Zippy's Friends*: Module 2: Session 3 • Improve children's ability to ask for help *Apple's Friends*: Module 4: Session 1 • Who can help me? *Passport*: Module 2: Session 1 • Offering, asking for and accepting help
• 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.	✓	Throughout the programmes, children learn coping skills to improve their mental health. However, children are taught to seek support if they are still struggling and the coping strategies are not making things better.
Internet safety & harms	🏋	The positive and negatives of the internet for wellbeing are discussed throughout the programmes when discussing coping skills. Children also learn respectful communication with others which can be transferred to the online world. Cyber bullying is covered in Module 4.
Physical health & fitness	🏋	Mental benefits of a healthy lifestyle are discussed throughout the programmes when thinking about coping skills. There is also a 'healthy minds and bodies' extension activity on our website.
Healthy eating	🏋	
Drugs, alcohol & tobacco	✗	
Health & prevention	🏋	Mental benefits of a healthy lifestyle are discussed throughout the programmes. There is also a 'healthy minds and bodies' extension activity on our website.
Basic first aid	✗	
Changing adolescent body	✗	