

What should I already know?

Key Learning Points:

Qualities in a Good **Friend**: There are lots of things that make friendships **special**. These are some qualities that good **friends** have:

- Being a good listener;
- Being **caring**;
- Being helpful;
- Showing **kindness**;
- Being **trustworthy**;
- Being honest.



Feelings of a Healthy Relationship: Every relationship is different but there are certain feelings we should get from a positive relationship. Positive relationships should help us to feel:

- **safe**;
- happy;
- **loved**;
- **cared for**;
- healthy.



Key Learning Points:

There are many features that are very important to healthy relationships.

These include:

- mutual **respect**;
- trust;
- truthfulness;
- loyalty;
- **kindness**;
- generosity;
- shared interests and experiences.



By making sure our relationships include these characteristics, we can be confident our relationships will help us to feel loved, safe and secure.

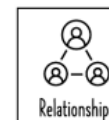
Sticky Knowledge

Weaving concepts

MAIN CONCEPT



Identities & Diversity



Relationships



Citizenship



Wellbeing



Healthy Living

Key Vocabulary

- respect:** A way of treating or thinking about someone that shows they are important and they are valued.
- kindness:** Being friendly, generous and considering the feelings of others.
- considerate:** Thinking of others and how they might feel.
- friendships:** Relationships we have with people outside our family who we like spending time with and know well.
- differences:** Ways we are not the same.
- alternatives:** Different ways of doing things or another option.
- options:** **Choices** or **alternatives**.
- choices:** **Options** we have about what to do.
- negotiation:** A discussion involving **compromise** between two or more **options**.
- compromise:** Finding a way of working together where two or more people adapt their behaviour, actions or **choices**.
- support network:** A group of people we can rely on to provide practical and emotional help.
- bullying:** Doing something repeatedly to hurt someone's body or feelings on purpose.
- discrimination:** Unfair treatment of a person or group based on who they are, where they are from or how they choose to live their life.
- prejudice:** Having an opinion without reason or experience to justify it.
- equality:** The right of everyone to the same treatment and opportunity.
- equity:** Providing everyone with things they need to succeed.