

**Subject: PSHE****Year group: Five Term: Autumn****Title: Relationships****What should I already know?**

- The features of positive healthy friendships, such as mutual respect, sharing interests and trust
 - How to build positive friendships
 - How to seek support if they feel lonely or excluded
 - How to communicate respectfully with friends on digital devices
 - Knowing that communicating online is different from face to face and the risks if communicating with someone they don't know
 - Who to tell is they are worried about any contact online
 - The difference between playful teasing, hurtful behaviour and bullying
 - How to respond to behaviour online that is hurtful or bullying
 - To manage pressures associated with dares
 - When it is right to keep or break a secret
 - How people may behave differently online, including pretending to be something they are not
 - To recognise the difference between people including race, gender, faith
- The importance of respecting the differences and similarities between people

Facts I will learn

- What makes a healthy friendship and how they make people feel included including strategies to help someone feel included
- How peer influence can make people feel or behave
- Strategies to manage peer influence and the need for peer approval
- That it is common for friendships to experience challenge
- Strategies to resolve disputes and reconcile differences in friendships
- That friendships can change over time and the benefits of having new and different types of friends
- To know when and how to seek support with a friendship
- To identify when physical touch is acceptable, unacceptable, wanted or unwanted in different situations and that it is never someone's fault if they have experienced unacceptable contact
- That no one should ask them to keep a secret that makes them uncomfortable or try to persuade them to keep a secret that they are worried about
- To recognise that everyone should be treated equally

Key questions

- What is a healthy friendship and what can we do to make people feel included?
- How might peer pressure make people feel and how can we manage peer pressure and the need for peer approval?
- What challenges might healthy friendships experience?
- What strategies are there to resolve disputes and reconcile differences in friendships?
- Will my friendship group always be the same and what are the benefits of having new and different types of friends?
- How and when should I seek support with a friendship?
- What is physical touch and what should you do if physical touch makes you feel uncomfortable?

	- What discrimination means and different types of discrimination - To identify online bullying and discrimination of groups or individuals 	- Is it okay for someone to ask you to keep a secret that makes you feel uncomfortable or worried? - Why should everyone be treated equally? - What is discrimination and what are the different types of discrimination? - How are some groups discriminated or bullied online?												
Key Skills..... In this unit children will be taught to treat each other with respect and how friendships can experience challenges and change over time. They will also understand about physical contact and what to do if this physical contact makes them feel uncomfortable.	Experiences that school will provide: We will role play being assertive and asking someone to stop if physical touch is making them feel uncomfortable or unsafe. 	<table><tr><th>Key vocab</th><th>Definition</th></tr><tr><td>resolve</td><td>Settle or find a solution to an problem or issue</td></tr><tr><td>disputes</td><td>A disagreement or argument</td></tr><tr><td>reconcile</td><td>Restore friendly relationships</td></tr><tr><td>discrimination</td><td>The unfair treatment of a person or group of people, usually because of their gender, race, culture of other personal traits</td></tr><tr><td>peer pressure</td><td>Pressure that is put on a person by their friends or people of a similar age</td></tr></table>	Key vocab	Definition	resolve	Settle or find a solution to an problem or issue	disputes	A disagreement or argument	reconcile	Restore friendly relationships	discrimination	The unfair treatment of a person or group of people, usually because of their gender, race, culture of other personal traits	peer pressure	Pressure that is put on a person by their friends or people of a similar age
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Web links https://www.weareteachers.com/friendship-videos/	Experiences that could be provided at home Sit down and discuss friendships with your child and encourage them to talk if they feel a friendship is changing or they are feeling excluded.													