



Holy Family Halewood

Year 1 and 2 – Personal Development
Theme: Relationships
Topic: Safe Relationships



Learning Objectives

- how to recognise hurtful behaviour, including online, and the characteristics of a good friendship
- how friendships should make them feel and identify negative feelings
- how to manage ups and downs of friendships
- what to do and whom to tell if they see or experience hurtful behaviour, including online
- about what bullying is and different types of bullying
- how someone may feel if they are being bullied and the impact this has on mental wellbeing
- about the difference between happy surprises and secrets that make them feel uncomfortable or worried, and how to get help
- how to resist pressure to do something that feels uncomfortable or unsafe
- how to ask for help if they feel unsafe or worried and what vocabulary to use

Key Vocabulary

Family	Kind
Friendships	Help
Online	Love
Bullying	Argument
Mental wellbeing	Conflict
Pressure	Resolution
Secrets	Disagreement
Team	Cooperation
care	support

Remember

It's important to tell the trusted people in our lives how we are feeling.

When we disagree with people, there are ways to work it out.

A good friendship should make us feel safe, loved and happy.

If something makes you feel uncomfortable, always tell a trusted adult.

Who can help

A trusted adult such as a parent, carer or teacher

Childline

<https://www.childline.org.uk/>

0800 1111



A friend is one of the nicest things you can have, and one of the best things you can be!

