



## 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!

