



Holy Family Halewood

Year 5/6 RSHE
Theme: Relationships
Topic: Respecting Ourselves and Others



Learning Objectives

- to compare the features of a healthy and unhealthy friendship
- about the shared responsibility if someone is put under pressure to do something dangerous and something goes wrong
- strategies to respond to pressure from friends including online
- how to assess the risk of different online 'challenges' and 'dares'
- how to recognise and respond to pressure from others to do something unsafe or that makes them feel worried or uncomfortable
- how to get advice and report concerns about personal safety, including online
- about the link between values and behaviour and how to be a positive role model
- how to discuss issues respectfully
- how to listen to and respect other points of view
- how to constructively challenge points of view they disagree with
- ways to participate effectively in discussions online and manage conflict or disagreements

Key Words

Friendship	Argument
Healthy	Disagreement
Unhealthy	Conflict
Pressure	Resolution
Challenge	Respect
Dare	Constructive
Role model	challenge
values	behaviour

You can respect someone else's opinions without having to agree with them.



Who can help

A trusted adult at home or at school

This could be a teacher, parent or carer.

Childline
www.childline.org.uk
0800 1111

Peer pressure is when the people around you or in your group of friends are heavily persuading you to try or do something.



Not joining in with something you are uncomfortable with is not being a coward – it is the bravest thing you can do.

