# Holy Family Halewood

### Year 5 and 6 – Personal Development
### Theme: Relationships
### Topic: Families, Friendships and Safe Relationships

## Learning Objectives

- what makes a healthy friendship and how they make people feel included

- about peer influence and how it can make people feel or behave

- the impact of the need for peer approval in different situations, including online

- strategies to manage peer influence and the need for peer approval

- that it is common for friendships to experience challenges

- strategies to positively resolve disputes and reconcile differences in friendships

- that friendships can change over time and the benefits of having new and different types of friends

- how to recognise if a friendship is making them feel unsafe, worried, or uncomfortable

- when and how to seek support in relation to friendships

- to identify what physical touch is acceptable, unacceptable, wanted or unwanted in different situations

- how to ask for, give and not give permission for physical contact

- how it feels in a person's mind and body when they are uncomfortable

- that it is never someone's fault if they have experienced unacceptable contact

- how to respond to unwanted or unacceptable physical contact

- that no one should ask them to keep a secret that makes them feel uncomfortable or try to persuade them to keep a secret they are worried about

- whom to tell if they are concerned about unwanted physical contact

## Who can help me?

A trusted adult at home or at school.

This might be a teacher or an adult you live with at home such as a parent.

Childline
www.childline.org.uk
0800 1111

## Key Vocabulary

**Peer pressure** – when your peers try to make you act in a certain way that causes you to feel uncomfortable.

**Dispute** – an argument or a disagreement

**Consent** – permission for something to happen or an agreement to do something

## Key Questions

What are the qualities of a healthy friendship?

What could cause a friendship to change?

What is a safe relationship?

Do you know how to keep yourself safe?