



## Holy Family Halewood

Year 5 and 6 – Personal Development

Theme: Relationships

Topic: Families, Friendships and Safe Relationships



### Learning Objectives

To understand what makes a healthy and inclusive friendship and the strategies needed for it.

To recognise peer influence, including online, its impact and the strategies needed e.g. exit strategies, assertive communication.

To know friendships experience challenges over time, to explore strategies to positively resolve these, and the benefits of having new and different types of friends.

To recognise if a friendship has moved beyond challenge; making them feel unsafe, worried, or uncomfortable and the ways to seek support.

To identify what physical touch is acceptable or unacceptable, in different situations and identify the ways to ask or give/not give permission.

To know the ways to respond to unacceptable physical contact, including never accepting pressure to keep it secret and the trusted adults to speak to, understanding that that it's never someone's fault if they have experienced unacceptable 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](http://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?

