

# In RSHE we are learning about...

## Healthy and Happy Friendships

### Key vocabulary

- **Identity** - who or what a person is
- **Stereotypes** - fixed view or opinion someone holds about an individual or group of people.
- **Prejudice** - preconceived opinion that is not based on truth
- **Peer pressure** - influence from friends or people of the same age
- **Choice** - selecting from a group of things
- **Emotions** - positive or negative feelings
- **Wellbeing** - the state of being comfortable, healthy, or happy.
- **Stress** - mental or emotional strain resulting from demanding circumstances.
- **Anxiety** - a feeling of worry, nervousness, or unease
- **Mental health** - what makes you happy, sad, angry, stressed - it's to do with your emotions.



### Sticky knowledge

- Identity is what we associate with ourselves - what we like, how we dress and who we choose to be friends with.
- Everyone has their own identity
- There is a wide range of emotions and everyone experiences them
- Stress and anxiety are emotions we all feel from time to time and it is important to recognise when we are feeling these things.
- It is important to seek help if stress and anxiety go on for longer.



### Links to previous learning

- We have learnt how to share worries
- We have learnt about personal boundaries
- We know how to be a good friend
- We know how to keep safe and who to trust



### Aspirations

- Nurse
- Carer
- Teacher
- Retail assistant



### Characteristics needed for this topic:

- Co-operation
- Inclusiveness
- Listening and communicating

