

In RSHE we are learning about...

Healthy and Happy Friendships



Key vocabulary

- **Personal safety** - general recognition and avoidance of possible harmful situations or persons in your surroundings.
- **Risk** - a situation involving exposure to danger.
- **Consequences** - a result or effect
- **Friends** - a person with whom one has a bond of mutual affection
- **Change** - make (someone or something) different
- **Relationships** - the way in which two or more people or things are connected
- **Emotions** - a strong feeling.



Sticky knowledge

- There are ways to resist pressure that threatens personal safety
- We can demonstrate skills to help us be assertive against pressure to take risks
- There are benefits and costs of trusting other people
- Change can affect our friendships
- Our feelings may change towards others
- We might feel a wide range of emotions and this is totally normal

Aspirations

- Nurse
- Carer
- Teacher
- Retail assistant



Characteristics needed for this topic:

- Co-operation
- Inclusiveness
- Listening and communicating

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

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