

# In RSHE we are learning about...

## Healthy and Happy Friendships

### Key vocabulary

- **Friend** - a person who we like
- **Worries** - feel or cause to feel anxious
- **Help** - an action of assisting someone
- **Trust** - believe that someone will tell the truth
- **No** - used to give a negative response
- **Touch** - to feel or handle
- **Uncomfortable** - feeling discomfort
- **Boundaries** - a line that marks the limit
- **Personal space** - the physical space immediately surrounding someone
- **Kindness** - a way of acting towards another to make them feel welcome.
- **Happy** - feeling or showing pleasure
- **Healthy** - in a good physical or mental condition



### Sticky knowledge

- Healthy friendships make you and others feel happy
- People have boundaries and when they say no, it means no.
- Our bodies react to feeling unsafe and we can learn ways to help
- We need to respect other people's personal space.
- We can talk to others so that worries do not build-up.

### Links to previous learning

- We built respectful friendships in F2
- We thought about the feelings of others
- We worked, played and took turns.



### Aspirations

- Nurse
- Carer
- Teacher
- Retail assistant



### Characteristics needed for this topic:

- Co-operation
- Inclusiveness
- Listening and communicating