

In RSHE we are learning about...

Healthy and Happy Friendships

Key vocabulary

- **Friend** - a person who we like
- **Respect** - acting in a way that shows you care about someone
- **Values** - things that are important to you
- **Touch** - to feel or handle
- **Private** - belonging to one person or group
- **Privacy** - out of the sight and hearing of others
- **Resilience** - the ability to bounce back after challenges and tough times.
- **Encouragement** - make someone feel more determined, hopeful, or confident
- **Personal space** - the physical space immediately surrounding someone



Sticky knowledge

- The qualities of happy, healthy friendships
- The importance of listening
- That we need to respect others' personal space and boundaries
- Sometimes permission is needed from others.
- Mental wellbeing is a normal part of daily life
- Rest, time spent with family and friends, hobbies and interests are all simple self-care techniques.



Links to previous learning

- We learnt about saying no
- We have learnt about happy friendships
- We have learnt how to share worries



Aspirations

- Nurse
- Carer
- Teacher
- Retail assistant



Characteristics needed for this topic:

- Co-operation
- Inclusiveness
- Listening and communicating