"Whatever you do, work at it with all your heart"

Colossians 3:23

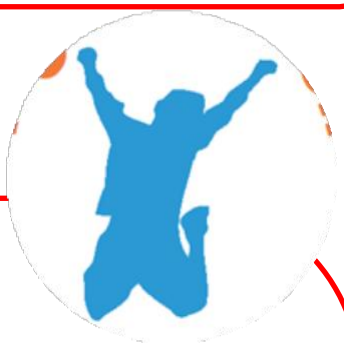


Me & My Relationships

Year 5 Autumn 2

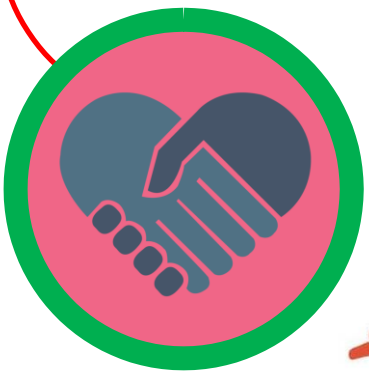






<u>Key Knowledge</u>
To know that:

- Negotiation and compromise are strategies used to help solve a disagreement.
- Certain behaviours can make a relationship unhealthy.
- People have basic emotional needs which can change according to circumstance.
- Collaboration means to work with others.
- There are different ways to work collaboratively.
- There are strategies for resolving difficult issues or situations.
- It is important to respond to a wide range of feelings in others in a certain way.
- Reflecting on their own friendship qualities can help you be a better friend.
- There are people they could talk to if they needed help.
- Situations have risk factors.
- It is important to consider outcomes of risk taking, including emotional risks.
- There are characteristics of passive, aggressive and assertive behaviours.









Rights and Responsibilities



Key Vocabulary:

Collaborate: To work together with others to get something done.

Negotiation: Talking with someone to find a fair way to solve a problem or make a decision.

Compromise: When two people give up a little of what they want to agree on something.

Conflict: A disagreement or argument between people.

Resolution: Finding a way to solve a problem or fix a disagreement.

Sensitive: Caring about other people's feelings and noticing when someone is upset.

Insensitive: Not thinking about how others feel or saying things that might hurt someone.

Emotions: Feelings like happiness, sadness, anger, or fear.

Emotional Needs: Things we need to feel safe, loved, and understood.

Assertive: Speaking up for yourself in a kind and confident way.

Aggressive: Acting in a way that is mean, loud, or hurtful to others.

Passive: Not speaking up even when something is wrong or unfair.

Unhealthy Relationship: A friendship or relationship that makes you feel sad, scared, or not respected.

Verbal Abuse: Saying mean or hurtful things to someone.

Physical Abuse: Hurting someone's body on purpose.

Sexual Abuse: When someone touches you or makes you do things with your body that are wrong or make you feel scared or uncomfortable.

Uncomfortable Touching: Any touch that makes you feel upset, scared, or unsure.

Unsafe: When something or someone makes you feel scared or in danger.

