

### What I will learn (sticky knowledge)

- To demonstrate a **collaborative** approach to a task describing and implementing the skills needed to do this.
- To work together explaining what is meant by the terms '**negotiation**' and '**compromise**' suggesting positive strategies for **negotiating** and **compromising** within a **collaborative** task.
- To recognise some of the challenges that arise from friendships and to solve friendship problems.
- To suggest strategies for dealing with such challenges demonstrating the need for respect and an **assertive** approach.
- To recognise **peer influence** and **pressure**.
- To recognise basic emotional needs and understand that they change according to circumstance.
- To describe the **consequences** of reacting to others in a positive or negative way.
- To suggest ways that people can respond more positively to others.
- To identify strategies for keeping personal information safe online.
- To describe safe and **respectful** behaviours when using communication technology.

### What I should already know

- I can explain why we have rules and the possible consequences of breaking them.
- I can explain some of the feelings someone might have when they lose something important to them.
- I can demonstrate what cooperation and collaboration is.
- I can suggest strategies for maintaining a positive relationship with their special people.
- I can suggest strategies to use if they are ever made to feel uncomfortable or unsafe by someone asking them to do a dare.
- I can express opinions and listen to those of others.
- I can suggest reasons why friends sometimes fall out.

### Key Vocabulary

<b>negotiation</b>	Discussion aimed at reaching an agreement
<b>compromise</b>	Settle a dispute by mutual concession
<b>emotions</b>	An emotion is <i>a feeling such as happiness, love, fear, anger, or hatred</i> , which can be caused by the situation that you are in or the people you are with
<b>respect</b>	the ability to recognise and appreciate the rights, beliefs, practices, and differences of other people
<b>peer pressure</b>	When people try to influence how you act, to get you to do something
<b>collaboration</b>	When people work with each other to complete a task
<b>dilemma</b>	A situation in which a person has to choose between things
<b>assertive</b>	having or showing a confident and forceful personality.
<b>consequence</b>	result or effect, typically one that is unwelcome or unpleasant.

### Emotions

Examples of **emotions**:  
happiness, sadness, anger, fear, surprise, nervousness, joyful.

Ways to manage different **emotions** positively:

- talk with a friend
- talk with a parent/carer/trusted adult
- write it down
- draw your feelings
- rest
- exercise
- spend time with friends/family

You may experience conflicting **emotions** when you might need to listen to your **emotions** to overcome them.



### What I will learn next

- You will learn about the qualities of healthy and unhealthy relationships and the need to keep good ones.
- How do we keep safe and positive relationships (on and off-line)