

Overview (sticky knowledge)

- I understand that friendships are based on mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, sharing interests and experiences and support with problems and difficulties.
- I understand that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.
- I can recognise who to trust and not to trust.
- I can manage different situations and conflicts and can seek help or advice from others.
- I respect other people who are different than me, physically, in character, personality, beliefs.
- I can recognise and talk about my emotions/feelings.
- I understand that it is OK to say no to a friend. I need to say it in a respectful way but be assertive.
- I can give a lot of examples of how I can tell a person is feeling worried just by their body language.
- I can say what I could do if someone was upsetting me or if I was being bullied.
- I can explain what being 'assertive' means and give a few examples of ways of being assertive.

Key Vocabulary

- Trustworthy:** able to be relied on as honest or truthful
- Generosity:** the quality of being kind and generous
- Loyalty:** a strong feeling of support
- Excluded:** deny someone access to a place, group or privilege
- Assertive:** having or showing a confident and forceful personality
- Collaboration:** working with someone to produce something
- Negotiation:** discussion aimed at reaching an agreement
- Compromise:** an agreement or settlement of a dispute is reached by each side making concessions.
- Ignored:** To pay no attention to someone.
- Teasing:** to make fun of or try to annoy in a playful or cruel way.
- Confident:** to be sure of your own abilities.
- Feelings:** An emotion, love, anger, sadness.
- Body language:** The look on a persons face or how their body looks, showing emotion without words.
- Pressure:** Being forced to do something you don't want to do.
- Bullying:** To frighten or hurt someone over and over again.

What I should already know

- Identify people who they have a special relationship with and suggest strategies for maintaining a positive relationship with their special people.
- Define the words danger and risk and explain the difference between the two and demonstrate strategies to deal with a risky situation
- Understand what is meant by the term body space (or personal space)
- Identify qualities of friendship;
- Suggest reasons why friends sometimes fall out;
- Rehearse and use, now or in the future, skills for making up again.

What I will learn next

- Demonstrate a collaborative approach to a task; and describe and implement the skills needed to do this.
- Explain what is meant by the terms 'negotiation' and 'compromise';
- Suggest positive strategies for negotiating and compromising within a collaborative task;
- Demonstrate positive strategies for negotiating and compromising within a collaborative task.
- List some assertive behaviours;
- Recognise peer influence and pressure;
- Demonstrate using some assertive behaviours, through role-play, to resist peer influence and pressure.

