

What I will learn (sticky knowledge)

- To give a range of examples of my **emotional** needs and explain why they are important.
- To give some examples of how to be a good friend and explain why these qualities are important.
- To give a few examples of how to stand up for myself (be **assertive**) and say when I might need to use assertiveness skills.
- To explain what **collaboration** means and give examples of how to work collaboratively.
- To explain what is meant by the terms **negotiation** and **compromise** and know strategies for resolving difficult issues or situations.
- To demonstrate how to respond to a wide range of feelings in others; give examples of some key qualities of friendship and **reflect** on my own friendship qualities.
- To identify what makes a **relationship** unhealthy and identify who I can talk to if I need help.
- To identify characteristics of passive, aggressive and **assertive** behaviours;
- To recognise basic **emotional** needs, understand that they change according to circumstance;
- To identify **risk** factors in a given situation (involving smoking or other scenarios) and consider outcomes of **risk** taking in this situation, including emotional risks.
- To understand that online **communication** can be misinterpreted.
- To accept that **responsible** and **respectful** behaviour is necessary when interacting with others online as well as face-to-face.

What I should already know

- I can accept the views of others and understand that we don't always agree with each other.
- I can give you lots of ideas about what I do to be a good friend and tell you some different ideas for how I make up with a friend if we've fallen out.

Key Vocabulary

negotiation	Discussion aimed at reaching an agreement.
compromise	To settle a dispute mutually.
emotions	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.
respect	The ability to recognise and appreciate the rights, beliefs, practices, and differences of other people
Responsible (behaviour)	Responsible behaviour includes self-motivation and self-guidance
risk	A situation involving exposure to danger.
relationship	The way in which two or more people or groups regard and behave towards each other.
assertive	Having or showing a confident and forceful personality.
collaboration	The action of working with someone to produce something.

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).