






Lacock Primary School – Year 4/5/6 – PSHCE – Me and my relationships



Important Vocabulary		Healthy Friendship Qualities	Vs.	Unhealthy Friendship Qualities	Key Skills				
assertive	<i>It means you clearly explain what you need or want from someone, without being pushy.</i>	Equality Equally put time and effort into the friendship.		Inequality One person taking advantage of the other's kindness.	<ul style="list-style-type: none"> • Collaboration • Give and take • Being assertive • Communication • Reflection 				
Self-respect	<i>A sense of self-worth and knowing your value.</i>	Respect Acknowledge and support who each other are.		Constant Criticism Constant negativity and criticism is emotionally harmful even if it may come off as sarcasm or humorous.					
mutual	We may all not have the same beliefs and values, but we still respect and appreciate each other for our differences.	Trust Be able to confide and know that your secrets and deep thoughts are safe.		Distrustful Being fearful to tell your secrets and thoughts because they might share them with others.					
negotiation	Listening to others, expressing empathy, and coming to a good compromise.	Encourage a Healthier You A friend supports your ideas of positive change and allows you to grow.		Brings Out the Worst in You A friend does not support you changing and encourages you to not fall into old bad habits.					
bystander	A person who is present when something happens, sees it but does not take part in it.	Honor Your Additional Relationships A friend that understands and respects that you have other people just as important as them in your life.		Jealous of Other People Close to You A friend being mean to other people close to you or making you choose sides.					
					What does being assertive look like? <table border="1"> <thead> <tr> <th>Body Language</th> <th>Voice</th> </tr> </thead> <tbody> <tr> <td> <ul style="list-style-type: none"> • Open body language • Demonstrating confidence • Relaxed and comfortable • Making eye contact • Planted/grounded • Back straight • Head up • At the other person's level • Calm, open gestures • Smiling </td> <td> <ul style="list-style-type: none"> • Calm • Steady • Even • Using own voice • Sincere • Audible • Reassuring • Certain • Varied pitch and tone • Interesting • Positive </td> </tr> </tbody> </table>	Body Language	Voice	<ul style="list-style-type: none"> • Open body language • Demonstrating confidence • Relaxed and comfortable • Making eye contact • Planted/grounded • Back straight • Head up • At the other person's level • Calm, open gestures • Smiling 	<ul style="list-style-type: none"> • Calm • Steady • Even • Using own voice • Sincere • Audible • Reassuring • Certain • Varied pitch and tone • Interesting • Positive
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Key Knowledge/Facts			
			<ul style="list-style-type: none"> • To know what constitutes a positive healthy friendship and that the same principles apply to online friendships as to face-to-face relationships. • To know that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely. • To know that school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others.
Passive	Assertive	Aggressive	

