

Relationships 1

This unit will focus on peer influence in friendships and how to manage this. Pupils will recognise that friendships change over time and go through ‘ups and downs’ and how to resolve disagreements.



Key knowledge and threads

Key thread: Relationships

- Know to seek support with relationships if they feel lonely or excluded through talking to a trusted adult or the NSPCC
- Know that healthy friendships make people feel included
- Know that the signs that someone is lonely or excluded are being quiet, often on their own, not wanting to come to school
- Know that to help someone feel included they could ask them to play, talk to them, find things in common
- Know that if something that a friend is asking them to do feels wrong or comfortable they should say no assertively, try to exit the situation and tell a trusted adult
- Know that peer influence can make people do things they don't want to do
- Know that peer approval can make someone feel accepted and included in different situations, including online
- Know that common challenges in friendships are jealousy and disagreements
- Know that common challenges in friendships are jealousy and disagreements
- Know that positively resolving and reconciling disputes and differences involves communication, forgiveness and rebuilding mutual respect



Vocabulary Abstract

Peer influence— choosing to do something you wouldn't otherwise do, because you want to feel accepted and valued by your friends.

Strategies—a plan of action designed to achieve a long-term or overall aim.

Resolve—settle or find a solution

Reconcile—restore friendships

Approval—believing that something is good or acceptable