

What I already know

- About how people make friends and what makes a good friendship
- About how to recognise when I or someone else feels lonely and what to do
- Simple strategies to resolve arguments between friends positively
- How to ask for help if a friendship is making me feel unhappy

Key Vocabulary

relationship	the way in which two or more people or things are connected
support	give help to
stable	not easily changed, lasting a long time
commitment	the willingness to give time and energy to something

What I will know by the end of the topic.

- that there are different types of relationships
- that being part of a family provides support, stability and love and that a feature of positive family life is caring relationships
- about the different ways in which people care for one another
- to recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty
- how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice

Self reflection I will be able to:

- Talk about different kinds of relationships and what makes a caring relationship
- Talk about what to do if family relationships are making me feel unhappy or unsafe

