

What does a healthy relationship look like?

To learn about what a healthy relationship looks like and what skills are required to maintain a relationship.



What does a healthy relationship look like?

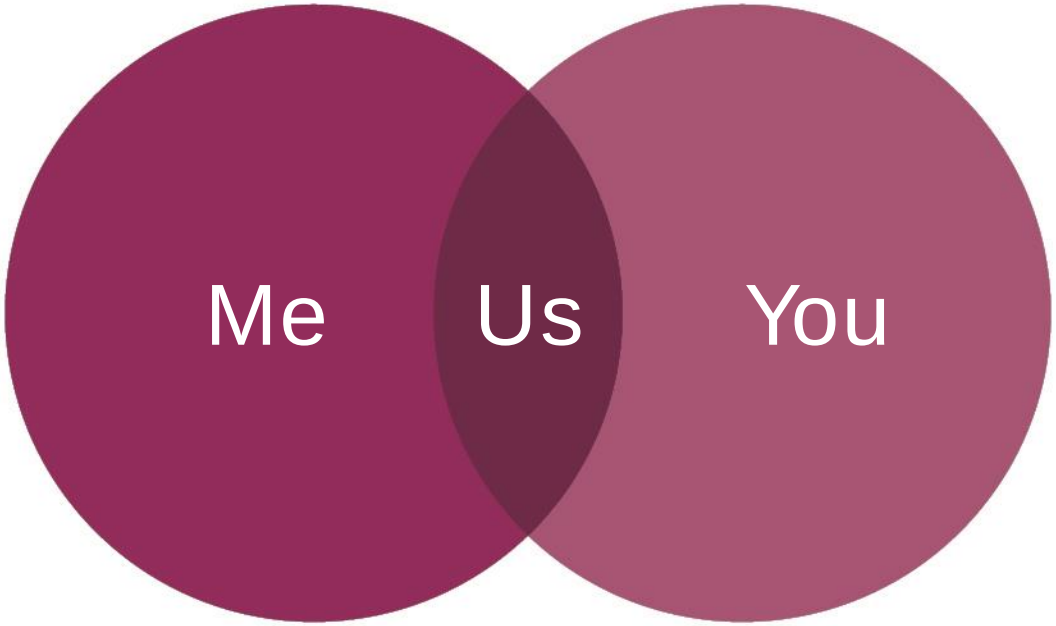
Ground Rules

Respect

Listening











Confidentiality

To learn about what a healthy relationship looks like and what skills are required to maintain a relationship

I can…

- Recognise different types of healthy relationships
- Describe what makes a relationship unhealthy
- Understand how to develop positive relationships, including recognising and responding to someone feeling lonely.
- Identify who to talk to if worried and required support

We all have relationships with family, friends, teachers and lots more.
Some are great and some are not so great.

What do you think makes a relationship great?



Qualities of a friend

Choose three words that describe the important qualities you would want in a friend:

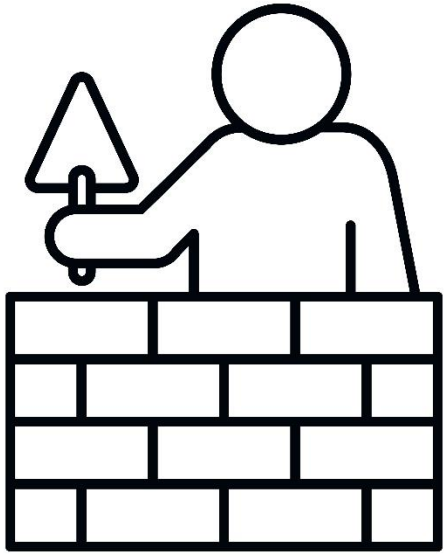
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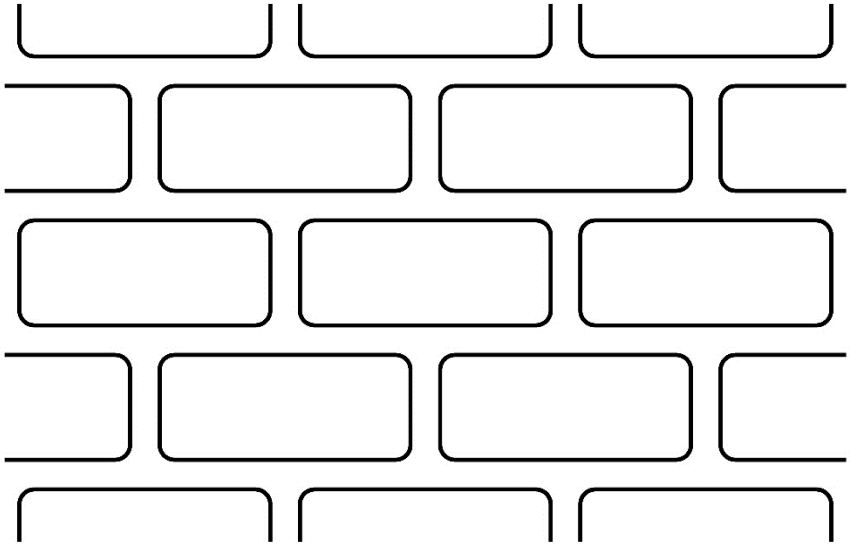
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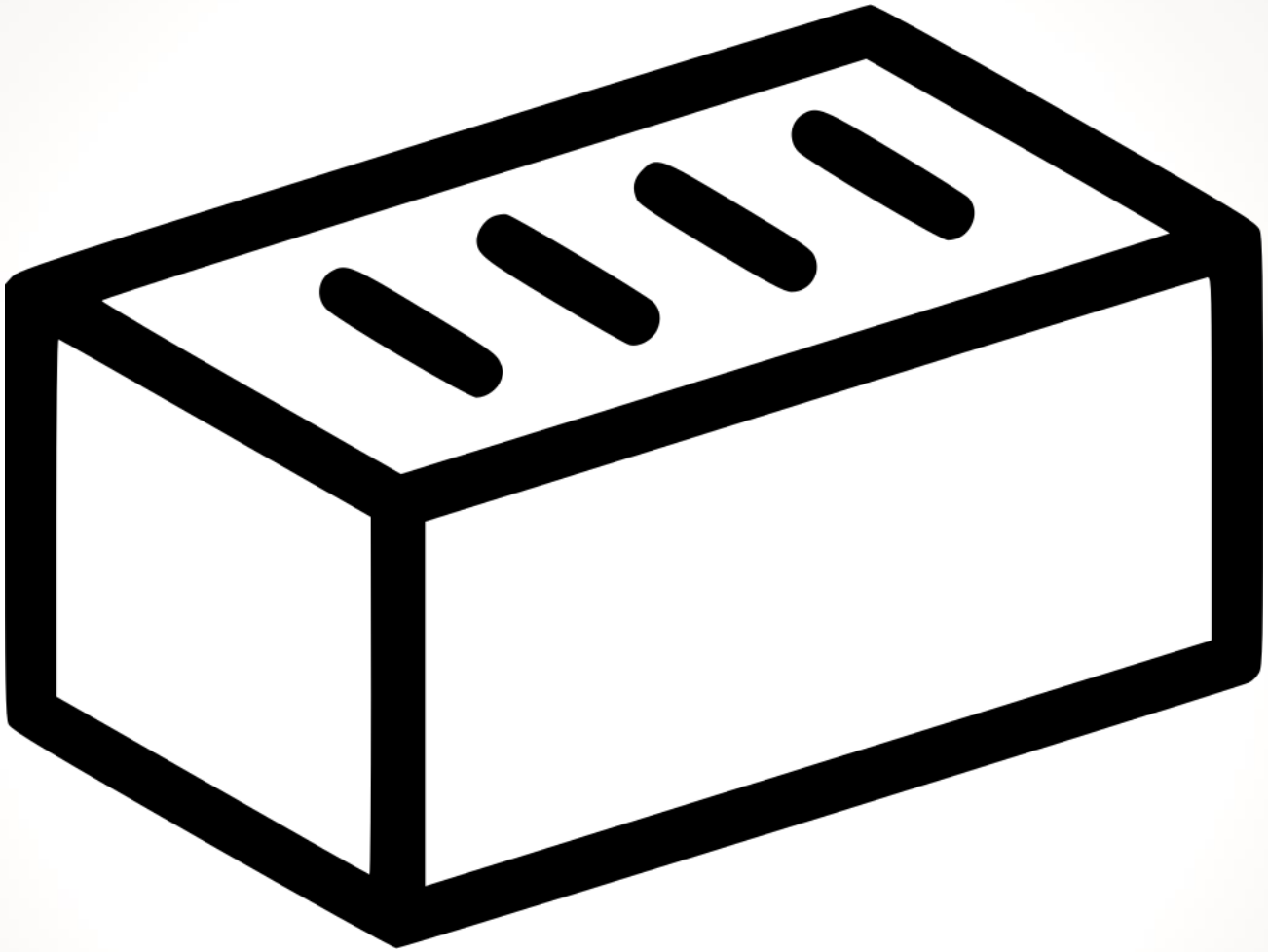
3.

Lets build a friendship wall

- Draw a brick (or use the template provided)
- Write on your brick the most important quality you would like in a friend
- Colour or decorate your brick before adding to our friendship wall.







- Write on your brick the most important quality you would like in a friend
- Colour or decorate your brick before adding to our friendship wall.

Our wall is stronger together, just like our friends. Friends make us happier and stronger when together. Can you describe how you could build these relationships?

Include them in things we do

Tell them we care / appreciate them

Listen and take an interest



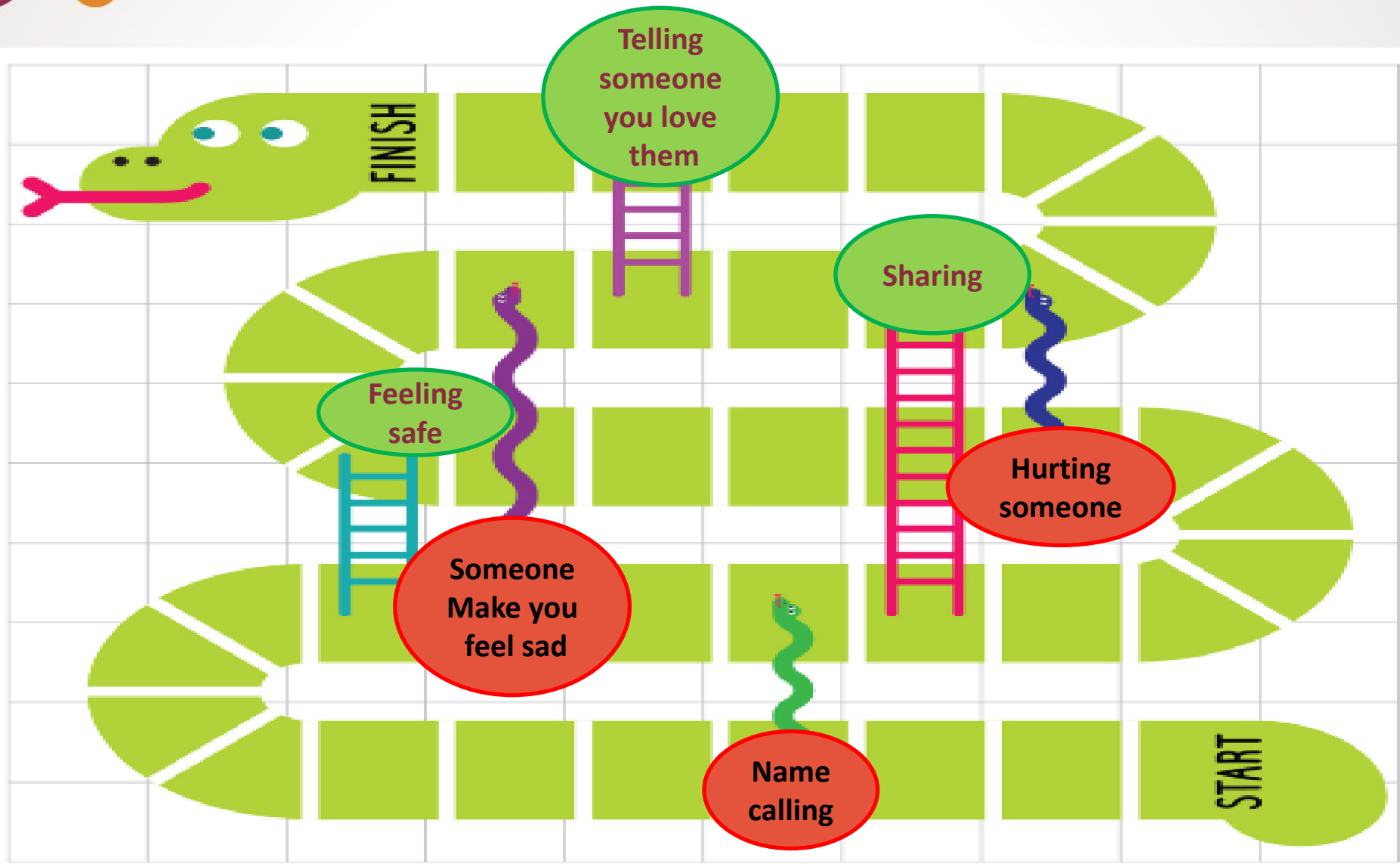
Lonely



Healthy relationships are good for our wellbeing and make us feel happy.
Can you describe how this kind of relationship makes you feel?



Roll the dice and work you way around the board but avoid the snakes!



Snakes represent bad relationships

Ladders represent good relationships

Using the relationship cards,
can you sort
which is a healthy relationship and
which is an unhealthy relationship?

Healthy and unhealthy relationships card sort activity

Being shown affection such as a kiss or hug	Name calling	Someone helping us
Feeling safe and secure	Hitting or being hurt by someone	Having fun together
Feeling loved and happy	Feeling respected	Feeling scared

You can talk to…

- Trusted adult
- Staff member at school
- School nurse
- Teacher
- Parent or carer
- ChildLine 0800 1111

Extension activity

Make your own poster with the main qualities you would like your ideal friend to have.



Tell us your thoughts!
We value your input.

Healthy Schools

Thank you for using this pilot lesson, we'd love to get your feedback.

Our survey takes 2 minutes.

Click here to review this lesson

