


The Woodlands Community Primary School	Year 5/6	Autumn 1 2022	PSHE- me and my relationships
Key Vocabulary	Key learning		Knowledge and Skills
<p>Assertive-having or showing a confident and forceful personality.</p> <p>Balanced friendship-The term "give and take," as it applies to friendship, means that two people make concessions and compromises in order to have an emotionally balanced relationship.</p> <p>Compromise-an agreement or settlement of a dispute that is reached by each side making concessions.</p> <p>Negotiation- discussion aimed at reaching an agreement</p> <p>Platonic Relationship-A friendship or relationship where there is no romantic, intimate or sexual feelings.</p>	<p>Me and My Relationships explores feelings and emotions, develops skills to manage conflict, helps identify our special people and equips children to recognise the qualities of a healthy friendship and how to manage them.</p> <p>To recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support.</p> <p>How important friendships are in making us feel happy and secure, and how people choose and make friends.</p>		<p>Knowledge:</p> <p>I know types of touch that are against the law and can suggest ways of getting help if someone experiences inappropriate or illegal touch.</p> <p>I know what is meant by negotiate and compromise</p> <p>I know types of behaviour</p> <p>I know what it takes to work cooperatively</p> <p>Skills:</p> <p>I can work through challenges I have with my friends with respect, assertiveness and understanding.</p> <p>I can give examples of negotiation and compromise.</p> <p>I can use these skills in practical situations.</p> <p>I can use assertive behaviours to keep myself safe from peer influence or pressure.</p> <p>I can explain bystander behaviour by giving examples of what bystanders do when someone is being bullied.</p>
SCARF			Where to go for support
<p>S-Safety C- Caring A-Achievement R-Resilience F-Friendships</p>  <p>The image shows the SCARF logo with each letter in a different color. Below it is a graphic titled 'FIVE WAYS TO WELLBEING' with five speech bubbles: 'Give' (Your time, your words, your presence), 'BE ACTIVE' (DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD), 'KEEP LEARNING' (EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF), 'CONNECT' (TALK & LISTEN, BE THERE, FEEL CONNECTED), and 'TAKE NOTICE' (REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY).</p>			<p>Drink Aware 0300 123 1110</p> <p>Narcotics Anonymous 0300 999 1212</p> <p>Frank- provides information about drugs and alcohol 0300 123 6600 82111 frank@talktofrank.com</p> <p>Young minds-Parents Helpline 0808 802 5544</p> <p>NSPCC- help@nspcc.org.uk. 0808 800 5000 under 18 call-0800 1111</p> <p>Parent wise https://parentwise.campaign.gov.uk/</p> <p>Staffordshire support https://www.staffordshireconnects.info/kb5/staffordshire/directory/results.page?familychannel=3-5</p>

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Life Education

SCARF

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 Resilience SCARF	 Friendship SCARF	 Wearing my SCARF