

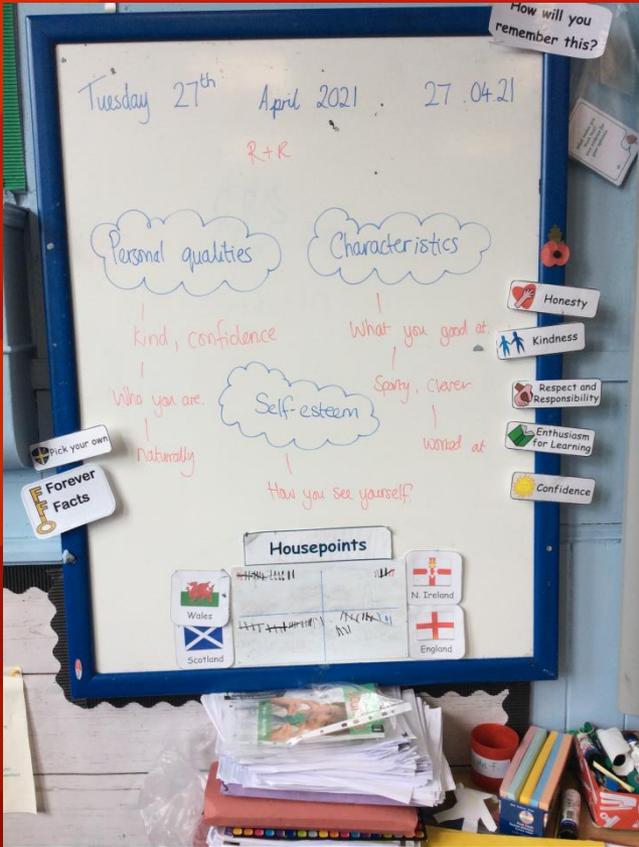
The background is a solid orange color with a pattern of various leaf and flower silhouettes in a slightly darker shade of orange, scattered across the page.

PSHE

Relationships

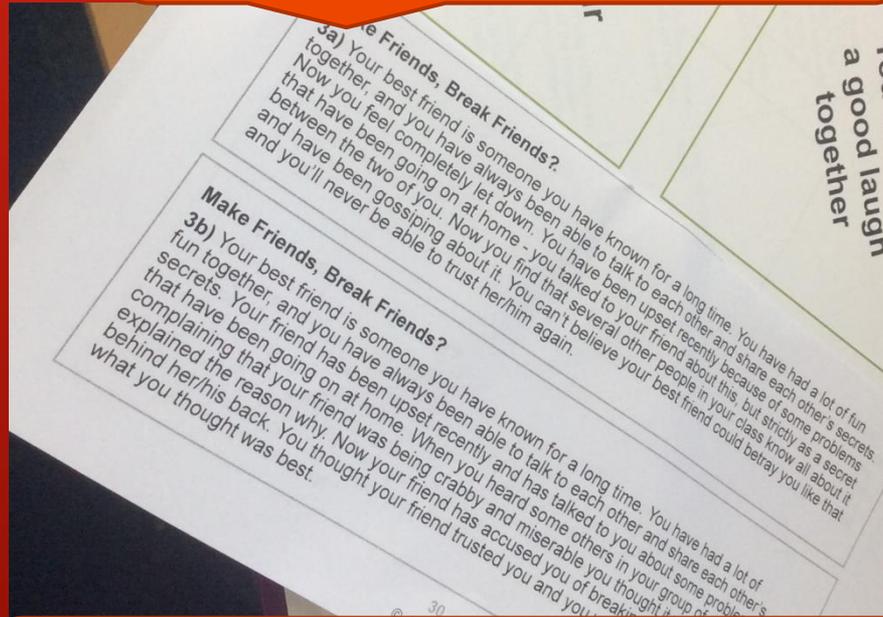
Self image – how do I see myself?

I thought about how I saw myself, then asked others how they saw me. It made me feel good about myself



Friendship

Friends need to trust and support each other



Friends

Do you think that all friends last forever?

Can everyone be a friend?

Can we be friends with someone all the time?

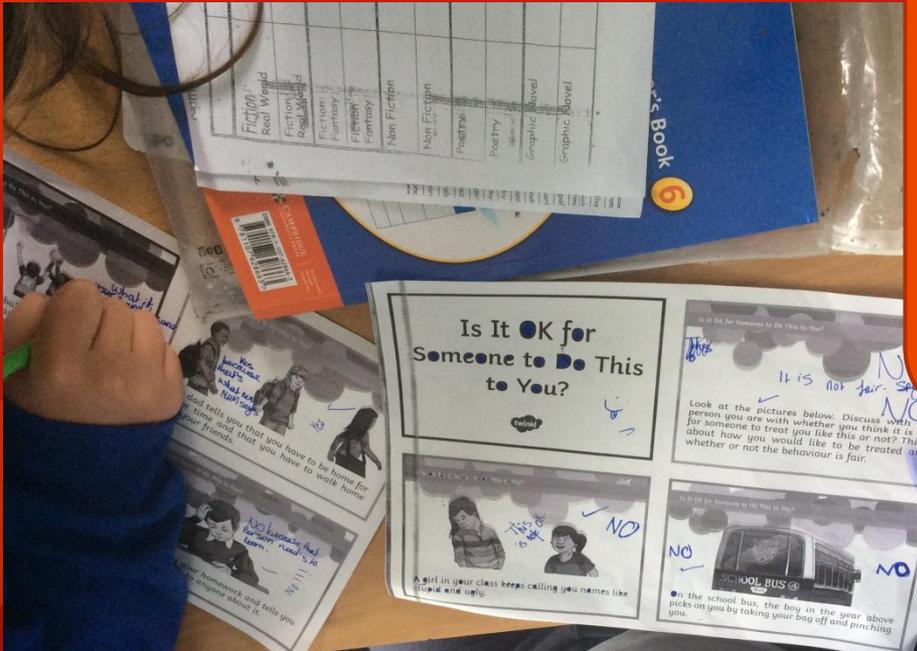
Could you be friends with someone after you have fallen out?



Friendships change as you get older, that is part of life

Healthy relationships - resolving conflicts

I understand what behaviours are acceptable and what is a healthy or an unhealthy relationship.



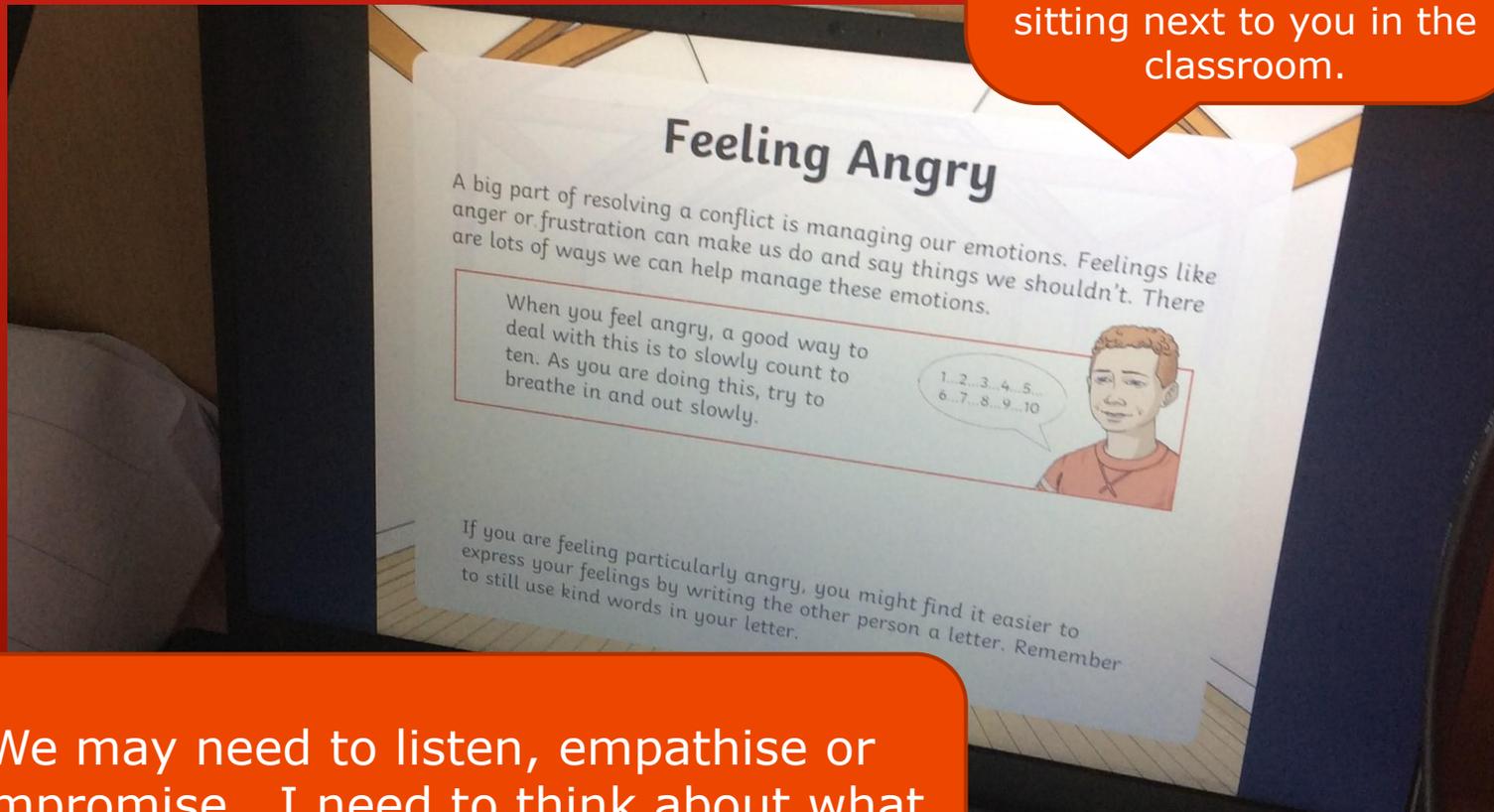
Sometimes I find things unfair, I need to evaluate the situation and understand what is happening. Then I can talk it through to resolve it.



Your right to privacy
Your freedom to express yourself
Your right to be treated with respect
Your right to personal space
Emotional boundaries, like what sort of language is acceptable and not acceptable to use
Behavioural boundaries, like what sort of behaviour is acceptable and not acceptable

Managing feelings

When we have fallen out with someone, it is easy to raise our voice. When resolving a conflict, try to keep your voice at a low level as if you were talking to someone sitting next to you in the classroom.



We may need to listen, empathise or compromise . I need to think about what triggers my feelings.