



RSHE: Friendships

Year 5: Spring 2

Key Vocabulary

Inclusion: the action of including or of being included within a group or structure.

Transition: the process or a period of changing from one state or condition to another.

Jealousy: feeling an envious resentment of someone or their achievements, possessions, or perceived advantages.

Betrayal: be gravely disloyal to someone or something.

Exclusion: denying someone access to a place, group, or privilege.

Including: allowing (someone) to share in an activity or privilege.

Friendship: a relationship between friends.

Boundaries: guidelines, or limits that a person creates to identify reasonable, or safe ways for other people to behave towards them.

Peer pressure: when you do something because you want to feel accepted and valued by your friends. Peer influence can be positive or negative.

Consent: giving someone a choice about touch or actions and respecting their answer.

Manipulation: when someone tries to shape your behavior and feelings in order to get what they want from you.

Website Links

<https://friendshipproject.co.uk/>

Key Concepts

Diversity – The concept of diversity encompasses acceptance and respect. It means understanding that each individual is unique, and recognising our individual differences. These can be along the dimensions of race, ethnicity, gender or religious beliefs.

Relationships - This concept focuses on relationships between family and friends. Friendships are unpicked, to understand what a good friendship looks like, understanding why people are unkind and accepting friends for who they are, even when going against social stereotypes.

Key Questions

What makes a close friend?

Are we only allowed one 'Best Friend'?

Do I have to have any 'best friends'?

Can we be different and still be friends?

Will our friendships always be the same?

Do we always think the same as our friends?

Do we all want the same things?

What is the key to healthy friendships?

Should friends tell us what to do?

Why is it so hard to stick up for what is right when that means going against what your friends think?

What are the signs of a

healthy/unhealthy relationship?