

# PSHE Relationships

## Sequence of learning

- 1) To identify what makes a positive healthy or unhealthy friendship.
- 2) Understand the difference between persuasion, influence and pressure.
- 3) To understand and recognise there are different types of relationships.
- 4) Explore what a loving caring relationship means.
- 5) Explore and respect that there are different family structures in society.

## Vocabulary

positive	influence
friendship	pressure
relationship	strategies
persuasion	spending

LKS2	UKS2
<b>Friendships</b> <ul style="list-style-type: none"> <li>• Identify what makes a positive healthy or unhealthy friendship.</li> <li>• Identifying strategies to build friendships.</li> <li>• Understand the difference between persuasion, influence and pressure.</li> <li>• Explain how kindness can support wellbeing.</li> <li>• Recognise there are different types of relationships.</li> <li>• Explain what can cause arguments with friends and describe some ways to resolve them.</li> <li>• Recognise the importance of asking for help if we feel worried, lonely or excluded.</li> </ul>	<b>Friendships</b> <ul style="list-style-type: none"> <li>• Reflect on what the qualities of a good friendship/relationship are and are not.</li> <li>• Identify and apply strategies that support healthy friendships. Use strategies to manage peer influence and the need for peer approval.</li> <li>• Explore what a loving caring relationship means.</li> <li>• Understand what marriage and civil partnership means.</li> <li>• Understand that forced marriage is a crime.</li> <li>• Use strategies to positively resolve disputes and reconcile differences in friendships.</li> <li>• Explain when and how to seek advice if family, friendship or relationships make them unhappy through a range of options.</li> </ul>
<b>Families</b> <ul style="list-style-type: none"> <li>• Recognise that there are different types of family structures.</li> <li>• Explain what it means to be part of a family.</li> </ul>	<b>Families</b> <ul style="list-style-type: none"> <li>• Explore and respect that there are different family structures in society.</li> <li>• Reflect on how being part of a family provides stability and love.</li> </ul>