



Keeping relationships healthy and safe

Lesson 1

Title: The value of friendships / managing peer pressure

Learning objectives:

- To consider the value of views and contributions of others.
- To understand the value of friendships
- To recognise that in friendship groups, all people have equal status but offer different qualities.
- To know that we can work together to achieve simple goals and targets.
- To show care for others as well as for themselves.
- To be able to ask topical questions.

Lesson 2

Title: Conflict resolution including consent

Learning objectives:

- To become more aware of how to strengthen peer relationships.
- To understand that conflicts are not necessarily negative.
- To know how different reactions to conflict help shape its outcome.

Lesson 3

Title: Unhealthy relationships

Learning objective:

- To recognise ways in which a relationship can be unhealthy and who to talk to if they need support.

Lesson 4

Title: Online safety in the wider world

Learning objectives:

- To recognise that online relationships can be positive and negative.
- To know how to stay safe and who to report concerns to.

Continued





Keeping relationships healthy and safe (continued)

Lesson 5

Title: Mental well-being
Building resilience in relationships

Learning objectives:

- To be able to identify and name a range of emotions.
- To understand how good physical health can support positive mental and emotional health.
- To understand how to build resilience.

Lesson 6

Title: Growing up and puberty

Learning objectives:

- To understand that relationships and responsibilities change as you move into adulthood
- They will be faced with stereotypes and recognise that they can challenge them