

Healthy Relationships

What will I learn?

You will learn about loving relationships including the importance of loving yourself. You will explore how to disagree with someone whilst remaining respectful. You will learn how to respond when you feel under pressure from your peers.

Key Vocabulary

support network:	A group of people we can rely on to provide practical and emotional help.
strategies:	Ways we can work through or manage something.
resolution:	A solution to a problem.
conflict:	An argument or disagreement between two or more people.
disagree:	When people express different opinions.
pressure:	A strong influence people feel to behave in a certain way.
influence:	Things that affect the choices and decisions we make.
ecosystem:	Our actions. The way we behave.
VIP(s):	Very Important Person(s).
confidential:	Something that someone is asking us to keep private.

Key Knowledge

Loving Relationships

People can be part of many different relationships. These might be friendships, relationships within families, romantic relationships, online friendships and also the relationship we have with ourselves. Different people may choose to be in different relationships and this must be respected. The way we feel love in the various relationships we are part of may feel different, but it is important we feel safe, secure and cared for. If any of our relationships make us feel uncomfortable emotions, it is important that we talk to someone in our **support network** for help.

Processing Big Emotions

There are some emotions we may experience which could be particularly big or particularly uncomfortable. When this happens, it can help to have some calming **strategies** we know will help. These may include breathing slowly and deeply, sitting or lying in a relaxing position, practising mindfulness, listening to or playing music, squeezing a ball or toy, exercising or thinking positively.

Disagreeing Respectfully

We are part of many different relationships and within these we will share our opinions with lots of different people. We do not need to always think the same as our **VIPs**, so our opinions on certain topics may be different. When we have an opinion that is different from someone else's, we can share our ideas in a respectful way that acknowledges the other person's view but makes our opinion clear too. We can do this by using kind words and a calm tone and in a way that shows respect for the views of others. It is important to show each other respect, politeness and honesty while valuing the different opinions we each have.

