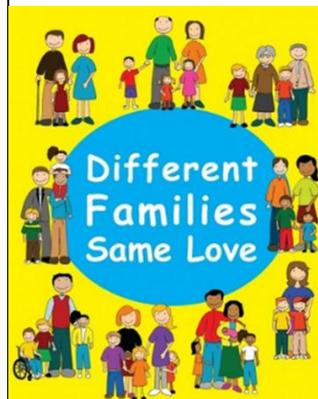


PSHE Knowledge Organiser - Myself & My Relationships - Family and friends.- Year 5

Key Vocabulary

Network of support	A group that consists mainly of people that we know and trust and who have connections with us
Peer support	is when people use their own experiences to help each other.
Peer pressure	When your peers try to convince you to act or behave in a certain way.
Change	An act or process through which something becomes different
Support	To give assistance, to help somebody.
Family	A group of one or more parents and their children living together as a unit. A group of people related by blood or marriage.
Blended family	A step family, blended family, bonus family, or instafamily is a family where at least one parent has children that are not biologically or adoptive related to the other spouse or partner. Either parent, or all, may have children from previous relationships
Communicate	To share or exchange information, news, or ideas.
Compromise	To achieve an agreement or settlement by each side making concessions
Contribute	To give something, to support somebody in order to achieve or provide something.

Important people/events/pictures



Healthy and unhealthy relationship traits

Healthy	Unhealthy
Friendship	Uninterested
Love	Uncaring
Respect	Disrespectful
Trust	Suspicious
Honesty	Lying
Support	Indifference
Loyalty	Intimidation
Equality	Control
Kindness	Anger
Thinking of the other person's feelings	Unpredictable behaviour which causes distress
Compromise	Frequent mood swings
Thoughtfulness	Pressure

What makes a good friend?
Good friends say and do things that make you feel good, giving compliments and congratulations and being happy for you.
A good friend allows you to talk and doesn't interrupt you. They're interested in what you have to say.
If you're feeling down, a good friend will support you. If you need help, a good friend will try to help you out.
If you tell a good friend something private, they won't share it. You can trust a good friend not to be judgmental.
A good friend will tell you if you've done something to hurt them. If you tell a good friend they've hurt you, they'll be sorry and won't do it again.
Good friendships go both ways

Key learning

- I can identify the special people in my networks.
- I can recognise how my networks have changed and developed.
- I can develop ways of beginning new friendships and of maintaining existing ones during times of change.
- I can recognise and value differences between people and how that can be a positive aspect of friendships.
- I know strategies for managing some of the pressures in relationships.
- I understand the importance of groups within friendships and recognise some of the pressures that can occur in group situations.
- I know how to get support from people they trust and how they can support other people.