

Relationships | VIPs

Key Knowledge

Positive Relationships

Positive relationships should make us feel safe, secure, loved and cared for. We should expect to be treated with fairness, honesty and to feel valued and accepted for who we are. It is important that we treat our VIPs in this way as well. This way our relationships will help us to feel safe and happy. Sometimes, relationships can become unhealthy. Unhealthy relationships are where one person hurts the other, becomes angry with the other, tries to control the other or never listens to the other. If we are ever worried a relationship we are in is becoming unhealthy, it is very important to speak to a trusted adult straight away.



Key Vocabulary

respect:

A way of treating or thinking about someone that shows they are important and they are valued.

kindness:

Being friendly, generous and considering the feelings of others.

considerate:

Thinking of others and how they might feel.

friendships:

Relationships we have with people outside our family who we like spending time with and know well.

differences:

Ways we are not the same.

alternatives:

Different ways of doing things or another option.

options:

Choices or **alternatives**.

choices:

Options we have about what to do.

negotiation:

A discussion involving **compromise** between two or more **options**.

compromise:

Finding a way of working together where two or more people adapt their behaviour, actions or **choices**.

support network:

A group of people we can rely on to provide practical and emotional help.

bullying:

Doing something repeatedly to hurt someone's body or feelings on purpose.

discrimination:

Unfair treatment of a person or group based on who they are, where they are from or how they choose to live their life.

prejudice:

Having an opinion without reason or experience to justify it.

equality:

The right of everyone to the same treatment and opportunity.

equity:

Providing everyone with things they need to succeed.



Making and Keeping Our Friends:

Friendships can help us to feel supported and valued and provide an opportunity for us to share our feelings and ideas. There are lots of ways we can make friends and nurture our relationships with friends we already have. Smiling, feeling confident, sharing our interests and hobbies and showing **kindness** all help us to make new friends. There are many different emotions we will feel and different experiences we will have. By having lots of different friends with different interests and qualities, we will have people to support us in lots of different scenarios. By working hard to nurture our **friendships**, we can help them to grow and develop. To do this, we can keep in regular contact, remember special times for them like their birthday, show interest in them and make time for them.



Healthy or Unhealthy Relationships:

Positive, healthy relationships should make us feel **respected** and valued. Within our relationships we should feel that we are able to express how we feel and decide what we do. Our friends should also feel confident to express how they feel, so we can each choose how to respond. Healthy relationships should not involve an imbalance of power. Instead, each person involved should feel comfortable and valued. We should also not be put in a position which makes us feel any uncomfortable emotions. This may be through peer pressure, unwanted physical contact or by being expected to keep secrets. If anything happens that makes us feel uncomfortable emotions, it is important that we speak to a trusted adult straight away.



Resolving Conflict:

Every relationship has ups and downs and people sometimes disagree. This is a normal part of relationships. As we are all different, we each have our own opinions and ideas so it is likely we will feel differently from our friends about things every now and then. It can therefore be helpful to have some positive strategies for resolving conflicts. We might choose to use a simple game to decide how a small problem could be resolved, such as who should line up first. We can talk about how something makes us feel, rather than focusing on what the other person did. We can set out the steps that we think need to be made to solve a problem. If we feel like we need more support, we can get help from someone in our **support network**.



Bullying and Hurtful Behaviour:

There are many types of **bullying** behaviour. These include verbal **bullying**, indirect **bullying**, cyberbullying and physical **bullying**. All of these forms of **bullying** have powerful effects on the person being bullied. They cause uncomfortable emotions, damage to self-esteem and mental health and may cause someone to avoid certain events or situations. By reaching out to get help, or reaching out to help others, we can stop **bullying** and spread **kindness** and **respect**.



Taking Action Against Bullying:

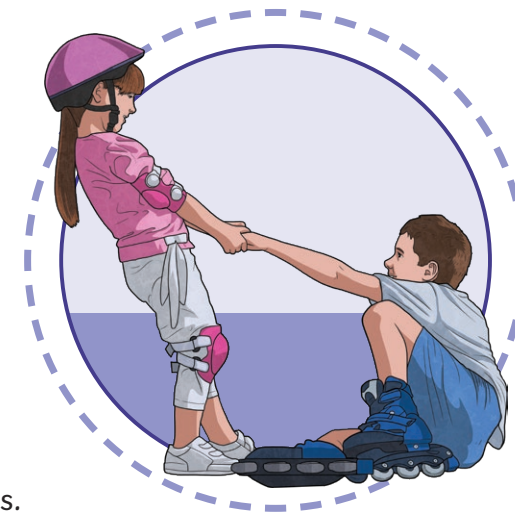
If we are being bullied or are worried someone else is, it is helpful to talk to our **support network**. A **support network** is a collection of healthy relationships we have with people who we know well and who we can trust. This might be our parents or carers, other family members, teachers, school staff, friends or other adults we trust. It is important to reach out and get help if anything is making us feel uncomfortable emotions.

Key Learning Points:

There are many features that are very important to healthy relationships.

These include:

- mutual **respect**;
- trust;
- truthfulness;
- loyalty;
- **kindness**;
- generosity;
- shared interests and experiences.



By making sure our relationships include these characteristics, we can be confident our relationships will help us to feel loved, safe and secure.



To look at all the planning resources linked to the **LKS2 VIPs** unit [click here](#)