

Year 4 - Families and friendships

Lesson 1

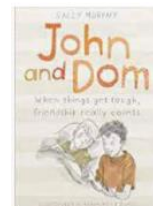
Objectives

- The characteristics of friendships, (including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties).
- That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.

Key Vocab: healthy relationships, support, respect, truth, trust, loyalty, trust, similarities, differences, problems, difficulties, positive feelings, welcoming, inclusion, negative feelings, lovely, excluded, seeking support, positive friendships.

Summary: Ask the children about what friendship is and what it looks like to them. Can they write down on post it notes key words to do with friendship. (kind, generous, helping, giving, thoughtful, respectful, loyal, trustworthy) Collect ideas and share with the whole class. Share dictionary definition of friendship: a person who has a strong liking for and trust in another person. Ask the children if they can think of a time someone was a good friend or when they were a good friend. What made them good friends? What did they do/show? Share ideas. Then move onto what makes a healthy friendship? Is it ok to like different things? Is it ok to be different? How do we make and build positive relationships? Children could design posters to promote positive relationships.

Books include - Jon and Dom by Sally Murphy,
The heart and the bottle by Oliver Jeffers



[aware-](#)

Websites useful for all three lessons - <https://www.pshe-association.org.uk/curriculum-and-resources/resources/nspcc-share-resources>

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/adoptables-schools-toolkit-coram-life-education>

<https://plprimarystars.com/resources/rainbow-laces>

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-friendship-struggles/zbpvcqt>

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/relationships-our-special-people-%E2%80%94-ks1-2-home>

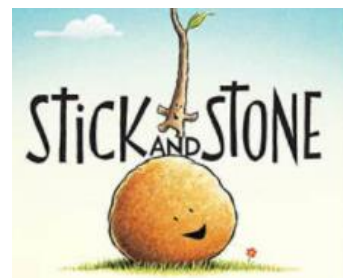
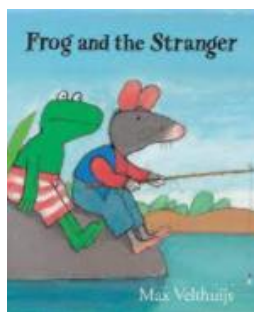
Lesson 2

Objectives:

- That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.
- How to recognise and report feelings of being unsafe or feeling bad about any adult.
- How to ask for advice or help for themselves or others, and to keep trying until they are heard.

Key Vocab: Respect, different, stability, love, support, upset, worried, relationships, unhappy, unsafe, similarities, positive, features, healthy, mutual respect, trust, sharing, build, lonely, excluded, communicate, risks, worried, friendships, repaired, strengthened, violence, safe, strong, free, help, support, positive relationships, trusted adults,

Books:



Paper planes by Jim Helmore and Richard Jones
Sudden Hill by Linda Sarah

Use website links above for more information and guidance.

Summary: Build upon last lessons learning on friendships and what made a friendship positive. Share the previous lessons outcomes. Role play, puppet work or get children to think about scenarios regarding friendships that have ups and downs. talk aloud and ask questions that prompt children to recognise positive and negative play. Talk to the children about how they can fix or what they would do in those situations. Then move onto role play or scenarios regarding adults being unsafe or feeling bad. What could we do in this situation? Children think about who their trusted adults are and who they would go to to ask and get advice.

Lesson 3

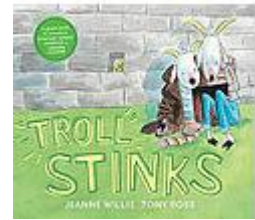
Objectives:

- that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.
- • how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.
- • where and how to report concerns and get support with issues online.

Key vocab: online, devices, respect, different, stability, love, support, upset, worried, relationships, unhappy, unsafe, similarities, positive, features, healthy, mutual respect, trust, sharing, build, lonely, excluded, communicate, risks, worried, friendships, repaired, strengthened, violence, safe, strong, free, help, support, positive relationships, trusted adults, anonymous, different, same, risks, concerns, issues, problems.

Books:

Troll stinks! by Jeanne Willis & Tony Ross
Staying safe online by Louie Stowell
Smartie the penguin (online)



Please use your safeguarding and family support team for support on this as well. They may want to come in during the session and do an input? They may have extra resources/leaflets they can signpost you to as well.

Websites: <https://www.pshe-association.org.uk/curriculum-and-resources/resources/google-and-parent-zone-ks2-internet-safety>

<https://www.bbc.co.uk/teach/safer-internet-day-resources/z6bbhbk>

Summary: Start by recapping what makes a positive healthy relationship or friendship. Pose the question: does this change when you have online relationships? Draw out children's answers. What is the same and what is different about online relationships and relationships that are in person? Get children to post note ideas. What does respect mean and how does it apply to online relationships even when we are anonymous. Get the children thinking about risks of online relationships and people they have never met. Safeguarding leads could do an input on how to report concerns or if not share key links/posters with the class. The children could then create a poster warning others of risks of online relationships and what and where they seek help if there is a problem. These can be shared with other children in the school.