

Year 5 - 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.
- 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.

Key Vocab: healthy relationships, support, respect, truth, trust, loyalty, similarities, differences, problems, difficulties, positive feelings, welcoming, inclusion, negative feelings, excluded, seeking support, lonely, positive friendships, arguments, conflict, resolution, violence, repair, strength, peer pressure.

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. Look at strategies to resolve conflict without using aggressive, threatening or violent behaviour.

Websites:

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

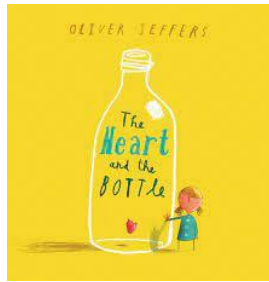
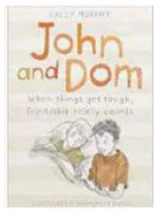
<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-friendship-struggles/zbpvcqt>

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

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans>

Books: Jon and Dom by Sally Murphy

The heart and the bottle by Oliver Jeffers



Lesson 2: **Objectives:**

- about peer influence and how it can make people feel or behave.
- strategies to manage peer influence and the need for peer approval e.g. exit strategies, assertive communication.
- 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: Report feelings, feeling unsafe, bad feelings about adults, asking for advice, helping others, persistent, perseverance.

Summary: Ask the children what they understand about recognising their feelings, what tools can they use? I.e emotions wheel/blob tree? What other things can they do to recognise how they feel? Can they write down on post it notes key feelings words (Happy, sad, safe, unsafe, excited, angry, upset, scared, worried, joyous, confused, calm, caring etc). Collect ideas and share with the whole class.

Ask the children if they can think of a time someone has made them feel unsafe or unhappy. 'What do you feel / do when you are scared or feel unsafe? Create a mind map. Share ideas, then discuss what they can do if they are feeling unsafe or bad about an adult? Who can they report this to? Where can they get advice? (tell a teacher, tell your parents/relatives, tell a friend, tell a trusted adult, contact Childline, contact The NSPCC. Discuss what to do if you need either help for yourself or a friend, discuss assertiveness skills and making sure you are heard.

Recap what makes a healthy and unhealthy relationship, discuss what an unhealthy friendship looks like, what does peer pressure mean? Use some scenarios to discuss peer pressure, what was unhealthy about this and what could you do to say no?

Websites:

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/being-assertive>

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans>

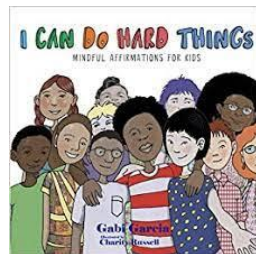
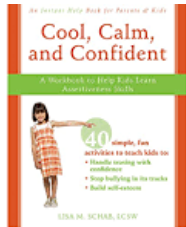
<https://www.pshe-association.org.uk/curriculum-and-resources/resources/relationships-our-special-people-%E2%80%94-ks1-2-home>

<https://www.twinkl.co.uk/resource/peer-pressure-choices-activity-sheet-t2-p-549>

<https://www.twinkl.co.uk/resource/peer-pressure-ks2-activity-pack-t-c-2549305>

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/being-assertive>

Books: Cool, calm and confident by Lisa M Schab
I can do hard things by Gabi Garcia



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.
- the impact of the need for peer approval in different situations, including online.

Key Vocab: relationships, friendships, online, bullying, anonymous, respect, sources of information, awareness of risks, report concerns, support, peer approval, safety.

Summary: Recap lesson 1, discussing how online relationships and friendships are as important as face to face.

Use the thinkuknow toolkit below for guidance, it covers the following: online friendships/being kind online, sharing pictures and videos, live streaming, gaming. Use the play share link below for lesson plans covering: Identify signs of manipulative, pressurising or threatening behaviour online, respond safely if they think someone is trying to manipulate, pressure or threaten them, understand their rights online, and respect those of others, take measures to control their privacy and digital footprint, get help from an appropriate source if they need it.

These lessons can be adapted and changed to suit each class/age and length of lesson.

Websites:

<https://www.thinkuknow.co.uk/professionals/resources/online-toolkits-online-version/>

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/nspcc-share-aware-resources>

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

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/play-share>

<https://www.coramlifeeducation.org.uk/scarf/lesson-plans/pressure-online>