Year

**5**

Keeping relationships healthy and safe

**Lesson 1 Title:** The value of friendships

**Learning objectives:**

1. To consider the value of views ad contributions of others
2. To understand the value of friendships
3. To recognise that in friendship groups, all people have equal status but offer different qualities
4. To know that we can work together to achieve simple goals and targets
5. To show care for others as well as for themselves
6. To be able to ask topical questions

**Lesson 2 Title:** Conflict resolution

**Learning objectives:**

1. To become more aware of how to strengthen peer relationships
2. To understand that conflicts are not necessarily negative
3. To know how different reactions to conflict help shape its outcome

**Lesson 3 Title:** Unhealthy relationships

**Learning objectives:**

1. To recognise ways in which a relationship can be unhealthy and who to talk to if they need support

**Lesson 4 Title:** Online safety in the wider world

**Learning objectives:**

1. To recognise that online relationships can be positive and negative.
2. To know how to stay safe and who to report concerns to

**Lesson 5 Title:** Building resilience in relationships

**Learning objectives:**

1. To be able to identify and name a range of emotions
2. To understand how good physical health can support positive mental and emotional health
3. To understand how to build resilience

**Lesson 6 Title:** Growing up and puberty

**Learning objectives:**

1. To understand that relationships and responsibilities change as you move into adulthood
2. To describe the changes as humans develop to old age