

Key Questions

What is a family and what makes a family special?

How can I be a good friend?

How can I respect other people's boundaries?

Learning Objectives

I will understand that families can be different, but they all care for each other.

I will learn how to recognise when someone is not respecting my personal boundaries.

I will learn how to treat everyone kindly and fairly, whether online or in person.



Memory Tips



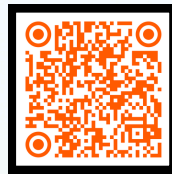
Remember!

'**Respect**' means being kind to **yourself** and **others**.

Personal Boundaries

Limits we set protect our emotional, physical and mental well-being.

"It's okay to say no if something makes you feel uncomfortable."



PSHE: Relationships Family



Core Concepts



Families and Friendships

- Families can look different (e.g. single-parent, adoptive, foster, blended families).
- Good families and friendships are based on care, trust, and respect.



Safe Relationships

- Personal boundaries are important to keep us safe.
- It's important to know when to ask a trusted adult for help if we feel uncomfortable.

TRUST



Be SAFE

Respecting Ourselves and Others

- Respect means treating everyone kindly and fairly.
- Self-respect means taking care of yourself and understanding your value.



Key Vocabulary

Family: A group of people who care for one another.

Friendship: A relationship where people trust, help, and support each other.

Boundaries: Personal limits that help keep us safe.

Respect: Treating people kindly and fairly.

Privacy: Keeping things personal and safe.

Trust: Believing someone will do the right thing.

Bullying: Hurting or upsetting someone repeatedly on purpose.

Diversity: Understanding that everyone is different, and that's okay!

Self-Assessment

I can explain what a family is and how families can be different



I can describe what personal boundaries are and how to respect them



I understand how respect and trust help build healthy relationships



My Reflections



What does being a good friend mean?

How can I show respect to my family and friends?

What can I do to make my friendships stronger?