

Relationships - VIPs



Our first unit of the year is PSHE focused and the unit is entitled VIPs (Very Important Persons) - focusing on building and strengthening relationships. We would have all experienced this year in different ways and it is important to reflect on our well-being and mental-health; assessing the skills we will need to work on to help us heal and prepare for the new school year. Central to this is having strong relationships with the people around us. Children will identify who their VIPs are within their families and friendship groups and how important kindness and respect are within these relationships. The unit addresses conflicts and resolutions in relationships and the children will also look at secrets and dares as well as healthy and unhealthy relationships.

Who are the important people in our lives? Why are they important?

What are the consequences of behaving unkindly to the people around us

Do people who care about each other always have to agree?

When might we feel under pressure to do something that we feel unsure about or don't want to do?

When is it OK to keep a secret? When is this not OK? How can we know when we should break a confidence or tell a secret?

What are some of the signs of an unhealthy or risky relationship? When might it be best to end a relationship and how can we do this?

Key Facts

1. Family and Friends

To recognise different types of relationship, including those between acquaintances, friends, relatives and families.



2. Think Before You Act

To recognise that their actions affect themselves and others. To recognise and respond appropriately to a wider range of feelings in others



3. It's OK to Disagree

To develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves.

4. You Decide

To know that pressure to behave in an unacceptable, unhealthy or risky way can come from a variety of sources, including people they know and the media.

5. Secrets

To understand the concept of 'keeping something confidential or secret'.



6. False Friends

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



Subject Specific Vocabulary

VIPs, respect, kindness, kindly, important, care, thought, consideration, interests, friends, family, actions, friendship.

Emotions, anger, upset, frustrated, calming, calm, unkind, kind, actions, consequences.

Disagree, argue, conflict, resolution, fall out, friends, agree, honesty, respect, polite.

Pressure, influence, peer, negative, behaviour, resist, support, help, anxious, dangerous, unhealthy, uncomfortable, wrong.

Secrets, shared, kept, confidential, confidence, share, support, unhealthy, healthy, relationship.

Healthy, unhealthy, risky, relationships, friendship, relatives, family, support, ending.

