



# PSHE – Relationships

## Year 5/6 Spring 2

### How can I build relationships with my friends?

#### Key Vocabulary:

- **Peer approval** - a feeling of belonging, a chance to measure up to older friends and siblings
- **Influence** - the capacity to have an effect on the character, development, or behaviour of someone or something, or the effect itself
- **Team building** - the action or process of causing a group of people to work together effectively as a team

#### I will learn about...

- the importance of friendships
- what constitutes a positive healthy friendship
- what it means to 'know someone online' and how this differs from knowing someone face-to-face
- if a friendship (online or offline) is making them feel unsafe or uncomfortable
- strategies for recognising and managing peer influence

#### Lesson objectives:

- To understand the importance of friendship with team building exercises
- To understand what 'online relationships' are
- To understand the term 'peer approval'.