

**Subject** PSHE**Theme** Me and My Relationships**Term** Autumn 1

What should I already know?

- I know what is meant by negotiation and compromise.
- I know some key qualities of friendship.
- I know what makes a relationship healthy.
- I know that responsible and respectful behaviour is necessary when interacting with others online and face-to-face.

What should I be able to do by the end of the unit?

- I can suggest some strategies for dealing with challenges that arise from friendships, demonstrating the need for a respectful and assertive approach.
- I can demonstrate assertive behaviours, particularly in situations where there is pressure to do something I feel uncomfortable about.

What should I know by the end of the unit?

- I know some of the challenges that arise from friendships.
- I know some examples of assertive behaviours.
- I understand peer influence and pressure.
- I understand patterns of behaviour in peer-group dynamics.
- I know that emotional needs change according to circumstance.
- I understand how people show their commitment to each other.
- I know the ages at which a person can marry, depending on whether their parents agree.
- I understand that everyone has a right to be free to choose who and whether to marry.
- I understand that some types of physical contact can produce strong negative feelings.
- I know that some inappropriate touch is illegal.

Key Vocabulary

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| assertiveness | Self-confidence |
| peer influence | The influence of others within an age group. |
| peer pressure | Pressure applied by others within an age group to act or look a certain way. |