

Year 5: PSHE

Families and Friendships, Safe Relationships, and Respecting Ourselves and Others Online

Managing friendships

A **healthy relationship** is where both people feel respected and included.

Peer influence can make you do things you do not want to do. It can affect friendships and cause people to fall out.

It is important to think about how you would feel if someone was being mean to you. You could **say no** to the person pressuring you.



No friend should ever make you feel worried, scared or uncomfortable.



All friends face challenges. We need to resolve our differences by listening, apologising and finding compromises.

Physical contact and feeling safe

- **Safe touches:** keep you safe and are good for you.
- **Unsafe touches:** hurt your body or feelings.
- **Unwanted touches:** You do not want them at the time or from that person.

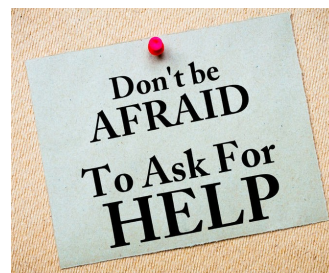
It is okay to say **no** to unwanted touches.

You must give consent for any physical contact and **you can always say no**.

Unacceptable contact can make people feel upset, hurt, worried or uncomfortable.

It is never your fault!

Nobody should ever force you to keep a secret that makes you feel worried or uncomfortable, especially about physical contact.



Being respectful of others and ourselves

Always treat people equally and respect their beliefs, traditions and ideas.

Discrimination is where an individual or group is negatively treated because of their race, religion, age, gender, disability or sexuality. **It is against the law.**



Examples of online discrimination include:

- Racist images or comments
- Inappropriate jokes
- Stereotypical comments
- Inappropriate language
- Trolling and harassment

You can challenge discrimination by asking the person not to say those comments or by reporting it to the website or your school.



Vocabulary

assertive communication	expressing thoughts in a way that is clearly understood and respectful
bisexual	being attracted to both males and females
discrimination	where people are badly treated because of their race, gender or sexuality
harassment	being abused, bullied or insulted on a regular basis
homophobia	negative actions towards homosexual people
homosexual	being attracted to a person of the same gender
peer approval	liked or disliked by peers or seeking approval
physical touch	where someone touches your body
racism	negative actions towards people of a certain race
reconcile	to restore or fix a friendship
sexism	negative actions towards people of a certain gender
trans	when a person's gender identity is not the same as at birth
transphobia	negative actions towards trans people
transsexual	openly stating they have a different gender to what they had at birth
trolling	people who deliberately start abuse or bullying online