

Relationships.
UKS2 term 3- PHSE: Positive relationships, pressure, unhealthy, family, friends,

PHSE Golden Concepts				
Respect	Safety	Communication	Health	Relationships

What I will know by the end of the unit:
What is a healthy relationship and how to maintain it.

Key Vocabulary	
Peer Pressure:	The influence from friends or peers to act or behave in a particular way, which can be positive or negative.
Pressure:	The feeling of being pushed to act or behave in a certain way, often due to peer influence or external expectations.
Unhealthy Relationship:	A relationship where one or more individuals feel controlled, bullied, or hurt emotionally or physically.
Positive Relationship:	A relationship where individuals treat each other with kindness, respect, and trust.
Manipulation:	Controlling or influencing others in a dishonest or harmful way to get something you want.

<p>Characteristics of Positive Relationships:</p> <ul style="list-style-type: none"> Trust Mutual respect Good communication Supportiveness Healthy conflict resolution
<p>Unhealthy Relationships:</p> <ul style="list-style-type: none"> Feelings of fear, anxiety, or sadness Control or manipulation by one person Lack of respect or empathy Verbal, emotional, or physical abuse
<p>Peer Pressure:</p> <p>Types of peer pressure: direct (explicit pressure to act a certain way) and indirect (feeling pressure because of expectations or behaviour of others).</p> <p>How peer pressure can lead to unhealthy decisions.</p> <p>Ways to resist peer pressure: assertiveness, seeking support from trusted adults or friends, standing up for personal values.</p>
<p>Family Relationships:</p> <p>Importance of family bonds in providing emotional security and support.</p> <p>Healthy family relationships involve respect, open communication, and shared values.</p> <p>Navigating family disagreements in a healthy way.</p>



Relationships.
UKS2 term 3- PHSE: Equality of all disabilities, stereotypes, discrimination, bullying, aggressive behaviours

PHSE Golden Concepts

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What I will know by the end of the unit:

What is bullying and discrimination towards others with disabilities.

Key Vocabulary

Aggressive Behaviour:	Actions that are intended to hurt, intimidate, or dominate others, often marked by anger or hostility.
Bullying:	Repeated, intentional harm or intimidation towards someone, often due to differences such as disability, appearance, or background.
Discrimination:	Treating someone unfairly or unjustly because of characteristics such as their disability, race, or gender.
Prejudice:	Prejudging someone negatively without knowing them, usually based on stereotypes.

Equality and Disability:

Every person, regardless of their disability, deserves the same rights and opportunities.
 Disability can affect people in different ways; it can be physical, sensory, intellectual, or emotional.
 Accessibility and inclusivity are key in ensuring equality for all.

Stereotypes:

Stereotypes about disabilities often lead to misunderstanding and exclusion. For example, assuming someone with a disability cannot perform certain tasks.
 Challenging stereotypes involves getting to know people as individuals and not making assumptions about them based on their disabilities or other characteristics.

Discrimination and Prejudice:

Discrimination happens when people are treated unfairly due to characteristics like disability, race, or gender.
 Prejudiced attitudes can lead to negative behaviours and practices that harm others, such as ignoring a person with a disability or excluding them from activities.
 Legal and societal protections exist to combat discrimination and promote equal treatment for all.

Bullying and Aggressive Behaviours:

Bullying can take many forms, including physical bullying, verbal bullying, social bullying (exclusion), and cyberbullying.
 Aggressive behaviours involve using force, threats, or intimidation to hurt others physically or emotionally.
 The impact of bullying on people with disabilities can be severe, leading to feelings of isolation, anxiety, or depression.
 Understanding the difference between conflict and bullying is important—conflict is a disagreement that can be resolved; bullying is repeated, targeted harm.



Relationships.

UKS2 term 3- PHSE: Understand actions have consequences- positive and negative

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What I will know by the end of the unit:

How the choices we make have a positive or negative consequence.

Key Vocabulary

Consequences:	The result or effect of an action or decision, which can be positive or negative.
Cause and Effect:	Understanding how one action leads to a particular result or consequence.
Accountability:	Taking responsibility for your actions and understanding their impact on others.
Choices:	The options or decisions you have, and how these affect the consequences of your actions.

Understanding Cause and Effect:

Every action, whether positive or negative, leads to a consequence. This could affect you, others, or both. Positive Actions lead to positive outcomes, such as making friends, achieving success, and feeling proud of yourself. Negative Actions lead to negative outcomes, such as hurting someone's feelings, losing trust, or facing punishment.

Positive Consequences:

Building Trust: When you act responsibly, others trust you more, leading to stronger relationships and opportunities.
Feeling Proud: Positive actions, like helping others, lead to personal satisfaction and pride in your behaviour.
Reward and Recognition: Positive actions often lead to rewards, like praise from teachers, friends, or family.
Personal Growth: Making good decisions helps you grow emotionally, socially, and intellectually.

Negative Consequences:

Loss of Trust: Negative actions (such as lying or bullying) can cause others to lose trust in you.
Hurt Feelings: Actions like being unkind, rude, or excluding others can hurt someone's feelings and damage relationships.
Punishment: Actions that break rules (e.g., cheating or misbehaving) can result in consequences such as detention or loss of privileges.
Guilt or Regret: Making bad decisions can lead to personal guilt or regret, and the realization that others have been hurt by your actions.
Isolation: Negative behaviour can lead to being left out or ignored by others, as people may not want to be around someone who consistently makes harmful decisions.

