



Topic: Relationships (Friendship; making positive friendships, managing loneliness, dealing with arguments)

Question: **How Can We Be A Good Friend?**

Learning Expectations:

- How friendships support wellbeing and the importance of seeking support if feeling lonely or excluded
- How to recognise if others are feeling lonely and excluded and strategies to include them
- How to build good friendships, including identifying qualities that contribute to positive friendships
- How to recognise if a friendship is making them unhappy, feel uncomfortable or unsafe and how to ask for support

Programme of Study References:

R 10, R11, R13, R14, R17, R18

Key Websites:

[Medway Public Health Directorate - Primary RSF lessons \(KS2 - Y3\), 'Friendship'](#)

Cross Curricular:

Prior Learning: Recognising when you feel lonely and what you can do. Managing and resolving arguments with friends. Asking for support.

Future Learning: Treating other people with respect.

Essential Knowledge:

- To know what to do if I feel lonely or left out.
- To I know what to do if a friend is feeling lonely or left out.
- To I know what makes a good friend.
- To know if a friendship is making me unhappy and I know who to ask for help.

Key Vocabulary:

Friendship, wellbeing, importance, lonely, excluded, strategies, positive, unhappy, uncomfortable, unsafe, respect, kindness, kindly, important, care, thought, consideration, interests, differences, alternatives, views, opinions, decisions, choices, strategies, disputes, conflict, negotiation, compromise, resolving, support