

Class 4 PSHE Assessment: Healthy Relationships

Learning objective: To demonstrate an understanding of what makes a positive relationship, how to resolve conflicts, and how to recognise when to seek help.

Read each question carefully. Give clear, thoughtful answers. You have 30 minutes to complete this assessment.

Pip the caterpillar and Max the monkey are best friends. They love spending time together, but sometimes they disagree on which game to play. When this happens, they use their 'talking time' to explain how they feel. They know that being a good friend means listening, being kind, and making sure everyone feels safe and happy.

Word bank: Respect · Trust · Compromise · Empathy · Honesty · Communication · Boundaries · Support

1. Name two qualities that make a friendship healthy and strong. Explain why one of these is important. (2 marks)

2. Max wants to play a maths game, but Pip wants to read a story. Suggest one way they could compromise so they are both happy. (2 marks)

3. What does the word 'boundaries' mean in a friendship, and why is it important to respect them? (3 marks)

4. If a friend says something that makes you feel sad or uncomfortable, what is the first thing you should do? (2 marks)

5. Explain the difference between a respectful disagreement and bullying. How should you act if you see someone being treated unkindly? (4 marks)

6. Imagine a new student joins your class. Describe three specific, kind things you could do to help them feel welcome and included in your friendship group. (3 marks)

7. Extended Writing Task: Write a short 'Friendship Charter' for your classroom. List 5 rules that everyone should follow to ensure that all relationships in the class remain positive, supportive, and kind. Use full sentences. (5 marks)

Draw: Draw a picture of Pip and Max working together to solve a problem. Show them using kind body language, such as smiling or listening to each other.



Extension challenge: Total: /25