

Building Healthy Relationships: Class 4 PSHE

Learning objective: To understand the characteristics of healthy relationships, how to recognise trust, and how to resolve conflicts respectfully.

Read each flashcard front and back to test your knowledge about forming and maintaining positive relationships with friends, family, and peers.

What does it mean to show empathy in a friendship?

Empathy is the ability to understand and share the feelings of another person by putting yourself in their shoes.

Why is trust considered the foundation of a healthy relationship?

Trust is the belief that someone is honest and reliable. It allows people to feel safe and secure when sharing thoughts and feelings.

How can Max the monkey use 'compromise' during a game?

Max can agree to a middle ground where both friends get a turn or play a game that both enjoy, rather than just one person choosing.

What are personal boundaries and why are they important?

Boundaries are the personal 'rules' we set about how we want to be treated, what we are comfortable with, and our physical space.

How does clear communication help prevent misunderstandings?

By speaking calmly and listening carefully, you ensure both people understand each other's perspective, which prevents small issues from becoming big arguments.

If a friend is feeling upset, how can you offer support?

You can offer support by listening without interrupting, asking how you can help, and being kind and patient.

What is the difference between a disagreement and bullying?

A disagreement is a normal difference of opinion between equals; bullying is the repeated, intentional misuse of power to hurt someone.

Why is honesty important in a relationship?

Honesty builds credibility. When you are truthful, others know they can rely on what you say and feel comfortable being themselves around you.

How can you show respect to someone who has a different opinion?

You can show respect by listening to their viewpoint without interrupting, staying calm, and accepting that it is okay for people to think differently.

What should you do if you feel uncomfortable in a relationship?

You should communicate your feelings clearly, set a boundary, and if the situation does not improve, speak to a trusted adult.

Why is it important to celebrate the successes of others?

Celebrating others builds a positive, supportive environment and shows that you care about their happiness as much as your own.

How can an apology help mend a relationship?

A sincere apology shows you take responsibility for your actions and care about the other person's feelings, which helps to restore trust.