

PSHE Assessment: Building Healthy Relationships

Learning objective: To understand the characteristics of healthy relationships, how to recognise respectful behaviour, and how to resolve conflicts effectively.

Read each question carefully. Answer in full sentences where required. Ensure your responses are thoughtful and reflect the importance of kindness and mutual respect.

Max the monkey and Leo the lion are working on a school project together. Max wants to use bright colours and fast-paced patterns for their poster, while Leo prefers a calm, poetic approach with neat, clear writing. They start to argue about whose idea is better. Suddenly, they stop, take a deep breath, and remember that their friendship is more important than the poster design. They decide to combine their ideas to create something unique that includes both of their strengths.

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

1. Based on the passage, identify two ways Max and Leo showed a healthy approach to their disagreement. (2 marks)

2. Define the term 'boundaries' in the context of a friendship. Why is it important to respect someone else's boundaries? (3 marks)

3. What is 'empathy', and how can it help you if a friend is feeling sad or upset? (3 marks)

4. List three qualities that make a relationship 'healthy' and explain why each one is important. (6 marks)

5. Explain why 'trust' is considered the foundation of a strong, long-lasting friendship. How is trust built over time? (6 marks)

6. Imagine you see a classmate being excluded from a game during break time. Write a short paragraph explaining what you would do to be supportive and inclusive, using the knowledge you have learned about positive relationships. (5 marks)

Draw: Draw a scene showing two friends working together to solve a problem. Label your drawing with one word from the word bank that describes their relationship.



Extension challenge: Total: /25