

Relationships and Respect: A PSHE Flashcard Set

Learning objective: To understand the characteristics of healthy relationships, including mutual respect, honesty, and effective communication.

Use these flashcards to test your knowledge about building and maintaining positive relationships with friends, family, and peers. Read the question on the front, then flip to check the answer.

What does 'mutual respect' mean in a friendship?

It means both people value each other's opinions, feelings, and belongings, and treat each other with kindness.

Why is 'trust' considered the foundation of a healthy relationship?

Trust is believing that someone is honest, reliable, and will keep your secrets safe, which helps you feel secure.

How can Pip the bookworm show empathy if a friend is feeling sad?

Pip can listen carefully, try to understand how his friend is feeling, and offer kind words or a supportive gesture.

What is a 'personal boundary'?

A personal boundary is a limit or rule you set for yourself about how you want to be treated or how much space you need.

When two friends want to do different things, what is a 'compromise'?

A compromise is when both people give up a little bit of what they want to find a solution that makes them both happy.

Why is clear communication important during a disagreement?

It helps both people explain their point of view clearly without shouting, so they can resolve the problem peacefully.

What does it mean to be a supportive friend?

It means cheering on your friend's successes and being there to help them when they are facing a challenge.

If a friend asks you to do something that makes you feel uncomfortable, what should you do?

You have the right to say 'no' firmly and explain that you are not comfortable, even if they are your friend.

How does honesty strengthen a relationship?

Being honest means you don't hide the truth, which prevents misunderstandings and helps people rely on what you say.

Nova the owl is a great listener. Why is active listening important in relationships?

Active listening shows that you care about what the other person is saying and helps you truly understand their perspective.