

Year 5 PSHE Assessment: The Foundations of Friendship

Learning objective: To evaluate the qualities of healthy relationships, understand how to resolve conflict, and recognise the importance of mutual respect and boundaries.

Read each question carefully. Use the word bank to support your vocabulary. Provide thoughtful, detailed answers to demonstrate your understanding of positive social interactions.

Max the monkey and Zara the zebra are best friends. They often spend their afternoons planning forest adventures. One day, Max wanted to climb the highest trees to map the canopy, while Zara wanted to sit by the stream to paint the changing patterns of the river. They both felt disappointed because they wanted to spend time together, but had different ideas for their activity. They decided to talk about how they were feeling using 'I' statements, listened to each other's points of view, and found a way to combine their interests.

Word bank: empathy · compromise · boundaries · integrity · mutual respect · constructive · assertiveness · perspective

1. Using the story of Max and Zara, define the term 'compromise' and explain why it is essential in a long-term friendship. (2 marks)

2. Give two examples of how someone can show 'empathy' towards a friend who is feeling upset. (2 marks)

3. Why is it important to have personal 'boundaries' in a friendship? Give an example of a healthy boundary one might set. (3 marks)

4. Compare and contrast a 'healthy' friendship with an 'unhealthy' or toxic friendship. What are the key differences in how the people treat each other? (4 marks)

5. If a friend suggests an idea that makes you feel uncomfortable, justify how you could use 'assertiveness' to handle the situation while still maintaining the friendship. (4 marks)

6. Imagine a situation where a disagreement occurs between two friends. Write a short script or paragraph explaining how they could use 'constructive' communication to resolve the issue without arguing. (5 marks)

7. Explain why trust is considered the 'foundation' of any strong relationship. What might happen if trust is broken, and how can it be repaired? (5 marks)

Draw: Draw a visual representation of a 'Friendship Tree'. On the roots, write the qualities that hold a friendship together (e.g., honesty, kindness), and on the leaves, draw the activities or memories that make a friendship grow.



Extension challenge: Reflect on your own experiences: Evaluate a time you had a misunderstanding with a peer. If you could go back, how would you change your approach using the social skills discussed in this assessment? Justify why your new approach would be more effective. Total: /25