

PSHE Assessment: Building Healthy Relationships

Learning objective: To understand the characteristics of healthy, respectful relationships and how to navigate social challenges with empathy and integrity.

Read each question carefully. Use the word bank to support your answers where appropriate. Ensure your responses are thoughtful and reflect your understanding of how we interact with others in our community.

Leo the lion and his friends were organising a community garden. While planning the layout, Kit the fox felt that his ideas were being ignored, while Max the monkey insisted his mathematical grid design was the only logical way forward. Tension began to rise as they argued over the best approach for the flower beds. Pip the caterpillar noticed the frustration in the group and suggested they sit down to listen to each other's perspectives before making a final decision.

Word bank: Mutual respect · Boundaries · Empathy · Conflict resolution · Trust · Constructive feedback · Inclusion · Compromise

1. Identify two characteristics of a healthy relationship shown by Pip's intervention in the passage. (2 marks)

2. Define the term 'boundaries' and explain why they are essential when interacting with friends. (3 marks)

3. Max and Kit are experiencing a disagreement. Describe one 'conflict resolution' strategy they could use to ensure both feel heard. (2 marks)

4. Explain why it is important to show empathy even when you disagree with someone's opinion. (3 marks)

5. Compare and contrast 'positive peer pressure' and 'negative peer pressure'. Give one example of each. (4 marks)

6. Justify why 'mutual respect' is considered the foundation of all healthy relationships. (3 marks)

7. Extended Response: Imagine you are mediating a disagreement between two classmates who both want to lead a group project. Write a short plan (150 words) detailing how you would help them reach a compromise that maintains their friendship and ensures the project's success. (5 marks)

Draw: Draw a scene featuring two of the BookFlik characters working together on a collaborative task, demonstrating clear communication and teamwork.



Extension challenge: Total: /25. Consider the following: What might happen if a relationship lacks trust? Explain the long-term impact on a group's ability to achieve shared goals. How can digital communication change the way we express empathy compared to face-to-face interaction?