

Building Strong Connections: A PSHE Guide to Relationships

Learning objective: To understand the characteristics of healthy, positive relationships and how to navigate social interactions with empathy and respect.

Use these flashcards to test your knowledge about forming and maintaining positive relationships with friends, family, and peers. Reflect on how your behaviour impacts those around you.

What is 'mutual respect' in a friendship?

A situation where both individuals value each other's opinions, feelings, and boundaries equally, regardless of differences.

Define 'active listening'.

The practice of fully concentrating on, understanding, responding to, and then remembering what the other person is saying without interrupting.

Why are personal boundaries important in a relationship?

Boundaries define what makes us feel comfortable and safe; respecting them shows that we value the other person's wellbeing and autonomy.

What does it mean to be a 'reliable' friend?

Being someone who keeps promises, shows up when they say they will, and can be counted on during both good and challenging times.

How can you use 'constructive' communication during a disagreement?

By focusing on the issue rather than the person, using 'I' statements to explain feelings, and seeking a solution that works for everyone.

What is empathy and how does it help a relationship?

Empathy is the ability to understand and share the feelings of another person. It helps build a deeper connection and prevents misunderstandings.

Explain the role of trust in a healthy relationship.

Trust is the firm belief in the reliability, truth, or ability of someone. It is the foundation that allows people to be honest and vulnerable with each other.

What is 'conflict resolution'?

The process of two or more parties finding a peaceful solution to a disagreement through discussion, compromise, and understanding.

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

You should politely but firmly say 'no', explain your boundary, and suggest an alternative activity that you both feel comfortable with.

How does 'integrity' impact your friendships?

Integrity involves being honest and having strong moral principles. If you have integrity, friends know they can trust your word and your actions.