

Building Strong Connections: My Relationship Map

Learning objective: To understand the characteristics of healthy, positive relationships and identify the qualities that help sustain them.

Use this template to explore the different relationships in your life. Think carefully about the people who support you, guide you, and share your interests. Reflect on what makes these bonds special and how you contribute to them. Use the word bank to add depth to your descriptions.

Word bank: Mutual respect · Trustworthiness · Empathy · Effective communication · Integrity · Supportive · Boundaries · Appreciation · Reliability · Kindness

1. The Qualities of Trust: Explain why trust is considered the foundation of a healthy friendship. Provide an example of how you demonstrate trustworthiness to a peer. (3 marks)

2. Respecting Boundaries: What might happen if a person does not respect another person's personal boundaries? Describe the importance of saying 'no' politely. (3 marks)

3. Positive Influence: Compare and contrast a relationship that encourages you to be your best self with one that makes you feel uncomfortable. How do you distinguish between the two? (4 marks)

4. Conflict Resolution: If you have a disagreement with a friend, justify why 'active listening' is more effective than simply waiting for your turn to speak. (3 marks)

5. Acts of Kindness: Describe a specific time you showed empathy to a family member or friend. How did this action strengthen your relationship? (2 marks)

6. Reflection on Roles: How do the expectations you have of a sibling or parent differ from the expectations you have of a school friend? Why is this distinction important? (3 marks)

Extension challenge: Imagine you are writing a guide for younger students on how to be a 'Relationship Hero'. Draft three 'Golden Rules' for maintaining healthy friendships, justifying your choices with evidence from your own experiences. Then, create a 'Relationship Tree' diagram showing the different people in your life and the specific positive qualities that help your connection grow.