

Building Strong Foundations: Healthy Relationships

Learning objective: To understand the characteristics of healthy, positive relationships and identify the importance of mutual respect, trust, and effective communication.

Read each scenario carefully and use your knowledge of PSHE to provide thoughtful, well-reasoned responses. Reflect on how your choices impact the wellbeing of yourself and others.

In our diverse community, we form many different types of relationships. Whether with family, friends, or classmates, healthy relationships are built upon a foundation of shared values. Leo the lion, our group leader, believes that a strong friendship is like a well-tended garden; it requires patience, care, and the right environment to flourish. When we communicate clearly and treat others with kindness, we create a safe space for everyone to grow.

Word bank: Mutual respect · Empathy · Trust · Boundaries · Communication · Compromise · Active listening · Supportive

1. Max and Kit are working on a maths project together, but they disagree on the best way to solve the final problem. Explain how they could use 'active listening' and 'compromise' to resolve this disagreement fairly. (3 marks)

2. Why are 'boundaries' essential in a friendship? Provide an example of how you might politely express a boundary to a friend who is being too loud when you are trying to concentrate. (3 marks)

3. Compare and contrast a healthy relationship with one that might be considered unkind. What specific behaviours distinguish the two? (4 marks)

4. Justify why 'trust' is often described as the most important element of any long-term relationship. What might happen if trust is broken within a friendship? (3 marks)

5. Nova the owl often helps others solve problems. If a friend was feeling left out of a game, what supportive actions could you take to demonstrate empathy and inclusion? (2 marks)

6. Scenario: You notice a classmate is being teased by others. Based on your understanding of healthy relationships, evaluate the impact of 'being an upstander' rather than a 'bystander'. (3 marks)

Draw: Draw a 'Relationship Tree'. On the roots, write the values that make a relationship strong (e.g., Trust). On the branches, draw pictures of yourself and others participating in positive, respectful activities.



Extension challenge: Write a short, reflective poem in the style of Leo the lion about what it means to be a good friend. Use at least four words from the word bank in your composition. Challenge: Can you include a metaphor comparing friendship to something found in the natural world?