

Building Stronger Bonds: Understanding Relationships

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

Use this scaffold to reflect on what makes a relationship healthy. Think about your interactions with friends, family, and peers. Use the word bank to help you express your ideas clearly.

A healthy relationship is like a garden; it requires patience, kindness, and regular care to help it flourish over time.

Word bank: mutual respect · empathy · constructive · trustworthiness · boundaries · supportive · furthermore · consequently · on the contrary · in addition · resolving conflict

1. Defining Trust: How would you describe the role of trust in a friendship? Start your answer with: Trust acts as the foundation of a relationship because... (2 marks)

2. Respectful Boundaries: Explain why setting boundaries is essential for both people in a friendship. Start with: Setting boundaries is a sign of self-respect because... (2 marks)

3. Resolving Conflict: Compare and contrast how an argument might be handled in a healthy versus an unhealthy way. Start with: When a disagreement occurs, a positive approach involves... (3 marks)

4. The Impact of Empathy: Justify why showing empathy is crucial when a friend is going through a difficult time. Start with: Empathy allows us to strengthen our connection by... (3 marks)

5. Identifying Qualities: What are the three most important qualities you look for in a person you want to build a long-term friendship with? Explain why you chose these. (3 marks)

6. Future Reflection: What might happen to a relationship if one person consistently ignores the feelings of the other? Explain your reasoning. (3 marks)

Extension challenge: Imagine you are writing a 'Guide to Great Friendships' for new students joining your school. Draft a short letter explaining how to be a supportive friend, including tips on how to handle peer pressure or disagreements with maturity.