

PSHE Assessment: Healthy Relationships and Respect

Learning objective: To demonstrate an understanding of the qualities of healthy relationships, how to manage conflict, and the importance of mutual respect.

Read each question carefully. Use the word bank to help you express your ideas clearly. Write in full sentences where requested.

Max the monkey and Zara the zebra are best friends. They usually love playing games together, but today they disagreed on which game to play. Max wanted to solve a complex maths puzzle, while Zara wanted to paint a landscape. They both felt a bit frustrated and stopped speaking for a while. Eventually, they decided to sit down and talk about how they felt, listen to each other's ideas, and find a way to make sure they were both happy.

Word bank: Trust · Empathy · Communication · Compromise · Boundaries · Respect · Honesty · Resolution

1. Name two qualities that are essential for a healthy friendship. (2 marks)

2. Using the passage about Max and Zara, explain what 'compromise' means in the context of their friendship. (3 marks)

3. Why is it important to set 'boundaries' in a relationship, and what might happen if someone ignores them? (4 marks)

4. If a friend is being unkind or making you feel uncomfortable, what steps should you take to resolve the situation? (4 marks)

5. Define 'empathy' and describe how showing empathy can help solve an argument between two classmates. (3 marks)

6. Write a short story or reflective paragraph (approx. 100 words) about a time you worked with someone to solve a disagreement. Focus on how you used communication and respect to reach a positive outcome. (5 marks)

7. Why is it important to be honest with your friends, even when it is difficult? (4 marks)

Draw: Draw a scene showing two friends using 'Communication' to solve a problem. Label the speech bubbles to show what they are saying to each other.



Extension challenge: Total: /25