

## Year 5 PSHE: Building Healthy Relationships

*Learning objective: To understand the characteristics of healthy relationships, including trust, respect, and effective communication.*

Use these flashcards to test your knowledge about forming positive relationships and understanding how to treat others with kindness.

**What does 'Respect' mean in a friendship?**

Valuing someone's opinions, feelings, and personal space, even if you disagree with them.

**Why is 'Trust' essential in a relationship?**

It allows you to feel safe and secure, knowing that you can rely on the other person and be yourself around them.

**How can 'Communication' help solve a disagreement?**

By listening actively to the other person's point of view and expressing your own feelings calmly and clearly.

**What is 'Empathy'?**

The ability to understand and share the feelings of another person by imagining how they might be feeling in a situation.

**What are 'Boundaries' in a friendship?**

The personal limits we set to ensure we feel comfortable and safe, such as asking for space or saying no to an activity.

**If Max and Pip have a disagreement, what is a positive way to handle the 'Conflict'?**

Talk it through honestly without being unkind, and look for a compromise that makes both people feel heard.

**How does 'Kindness' impact a group?**

Small acts of kindness, like helping someone or giving a compliment, create a positive environment where everyone feels valued.

**What does it mean to be a 'Supportive' friend?**

Celebrating other people's successes and being there to help or listen when they are feeling sad or struggling.

**Why is 'Honesty' important?**

It builds truthfulness in a relationship, which helps to create a solid foundation of trust between friends.

**What is 'Collaboration'?**

Working together as a team to achieve a common goal, while respecting everyone's different skills and ideas.