

**What should I already know?**

- About the qualities of healthy friendships, including online
- Friendship skills, including communicating safely online
- That healthy friendships make people feel included
- How to recognise and include others who feel lonely
- How to seek support if I feel lonely or excluded
- How to resolve arguments positively and safely
- To recognise and manage friendships that feel unsafe or uncomfortable
- How to ask for support

What will I know by the end of the unit?

- How to respectfully listen to others
- Raise any concerns and challenge others who do not show respect
- Understand the importance of friendship
- Understand what positive friendships are and wellbeing
- Understand what mutual respect is
- Be able to share points of view respectfully
- Challenge stereotypes
- Understand there are different types of bullying and how to get help
- Challenge discrimination

Vocabulary





Respect	When you admire someone or something deeply
Responsibility	Having the duty to deal with something or having the control over someone
Community	A group of people living in the same place and sharing an attitude
Discrimination	The unjust treatment of certain people (e.g. race, age or gender)
Stereotype	A way of seeing a type of person
Bullying	Harming or intimidating someone
Choice	Choosing between two or more possibilities (e.g. right or wrong)
Power	The ability to do something or act in a certain way
Empathy	Understand and share the feelings of somebody else
Diversity	Understanding that each person is unique and that we all have differences

Lesson Overview

- Lesson 1: to learn about belonging to a group or community and the importance of feeling that we belong
- Lesson 2: to consider how we show respect so that everyone feels safe and comfortable
- Lesson 3 & 4: to learn about different people's feelings about what it means to belong
- Lesson 5: to learn about how negative stereotypes can influence behaviours and attitudes towards different groups of people
- Lesson 6: to explore all aspects of discrimination and ways to prevent it
- Lesson 7: to explore what loneliness and connection mean



Respect	Relationships with Others
<p>What do you think each letter in the word 'Respect' could stand for?</p> <p>R E S P E C T</p>	<p>Relationships are <u>our connections with other people</u></p> <p>Qualities of Friendships A friend is someone that you share a <u>strong bond</u> with. Friends spend time with each other and <u>know each other well</u>. Qualities of good friendships include:</p> <ul style="list-style-type: none"> -Trust -Offering to Help -Sharing -Generosity -Listening -Having a sense of humour/ sharing jokes -Empathy (imagining how each other feels) -Being Dependable -Celebrating similarities and differences -Encouragement -Love -Companionship -Help/Advice <p>Valuing Difference Learning about and celebrating our similarities and differences. Understanding how to treat other people with fairness and respect. The things that we read and see in the <u>media</u> about different people and groups is not always true and we should avoid stereotyping people, and should instead get to know their individual personality. Our <u>behaviour</u> can help us to ensure that we are valuing others. <u>Listening</u> is an important skill that can develop over time. We can also learn ways to deal with embarrassing moments.</p>

Our Behaviours	
<p>Mutual Respect <u>Mutual respect is the understanding that we all don't share the same beliefs and values.</u>  <u>It is also about respecting the values, ideas and beliefs of others whilst not imposing our own.</u> It is the foundation for honesty, trust, and meaningful communication. In order for relationships to remain healthy, both partners must be equally respected and appreciated. Mutual respect is all about showing a proper regard for the dignity of a person or position.</p> <p>Tolerance Being tolerant means to "<u>show willingness to allow the existence of opinions or behaviour that one does not necessarily agree with.</u>"  It is important that we show tolerance for people with ideas, beliefs, and ways of life that differ from our own. Not only does tolerance help our society live together peacefully, but it can also make us stronger: Having tolerance means that we promote individuality and diversity, which can help to further the human race.</p>	<p>Listening Listening is a skill that can be developed over time. Positive and active listening skills include:</p> <ul style="list-style-type: none"> • Look at the speaker • Stop other activity • Give facial affirmation - nods, smiles etc. • Keep hands still • Avoid interrupting <p>Listening to other people can help us to truly get to know them and build strong relationships. People feel more valued and included when others truly listen to them. </p> <p>Dealing with Embarrassment -As we grow up, we often become <u>more aware</u> of what our peers think.  -This can mean that there are more times where we may feel embarrassed.</p> <p>Some examples may include: Falling over Not knowing an answer in class Someone calling teacher 'mum' Sitting alone</p> <p>We all experience embarrassing situations. How we react when someone is embarrassed can have a big impact on their feelings. We should consider the times in which we should help them, tell someone, or do nothing (e.g. when lots of suitable people are already helping). This can help people to feel safe and respected.</p>