



What should I already know?

- 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

What will I know by the end of the unit?

- Develop my friendship skills
- Understand that friendships can change and end
- How to manage change
- Deal with loss in a positive and manageable way
- Deal with bereavement in a positive and manageable way
- Know where my sources of support are

Vocabulary

Wellbeing	Being comfortable, healthy or happy
Bereavement	Losing someone who is close to you
Support	Being interested in and concerned for someone
Empathy	Understanding and sharing the feelings of another
Social Media	Websites and apps that allow people to create and share content
Affirmation	Offering yourself or someone emotional support or encouragement
Mental Health	A person's psychological condition and emotional wellbeing
Online	An activity where you use the internet or a network
Loss	The fact of losing someone or something
Personal network	The people around you who support you and who you can trust



Valuing Differences & Managing Change

Qualities of Friendships

-A friend is someone that you share a strong bond with. Friends spend time with each other and know each other well.



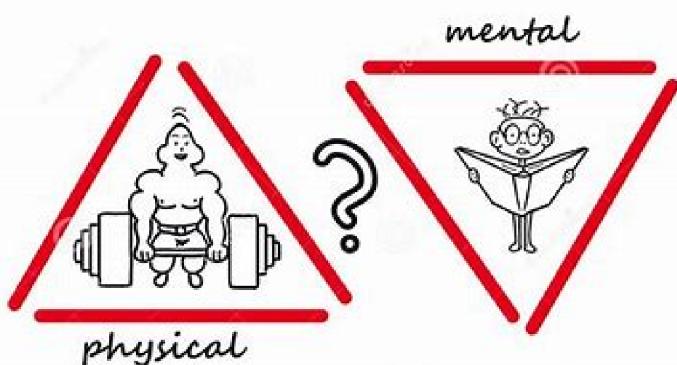
Qualities of good friendships include:

- 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
- You should be able to think of examples of different ways that you can show these characteristics

Maintaining Positive Mental Health

There are many ways in which you can promote and maintain positive mental health:

- Healthy active lifestyle
- Eating a balanced diet
- Get enough sleep
- Relaxation
- Healthy school-life ratio
- Take time for you
- It's OK to say you don't want to go out all the time
- Don't over work yourself



As we get older, our friendships can change and we can start to have different types of friendships. Here are some descriptions of types of friends you may have or may have as you get older.

'Best friend'

A best friend is someone you know very well and you spend a lot of time with

A best friend is someone you want to talk to when you're excited, hurt, scared or just want to chat

A best friend shares important moments with us

Not everyone has a best friend and that is OK



'Good friend'

A good friend is someone you know well

A good friend knows a lot about you

Good friends are those you see and talk to the most often

You may have one or two people you consider to be a 'good friend'



'Friend'

A friend is someone you've spent time with and you know

A friend is someone you like and they like you

You don't spend as much time with them as with 'good friends' or 'best friends'



'Online friend'

Online friends are people you know only through the internet

Online friends can offer support

Online friends cannot replace interaction with a real life friend

Make sure your parents/carers know about your online friends



'Mentor'

Mentors are people who help and guide us

They might be older than us

A mentor may not be a friend in the same way as a teacher is not a friend

Mentors can be very important in our lives



'Acquaintance'

An acquaintance is someone you may see on a regular basis

An acquaintance is someone you may share 'small talk' with

An acquaintance is not your friend

It is possible, that an acquaintance may become a friend



Lesson Overview

Lesson 1: to establish ground rules and develop relationships

Lesson 2: to learn about how feelings and emotions are affected and can be managed at changing, challenging or difficult times

Lesson 3: to recognise, talk about and manage feelings that come with change

Lesson 4: to learn about why and how friendships change and develop

Lesson 5: to learn about the features of communicating with friends, both online and offline

Lesson 6: to recognise that loss and bereavement are part of living

Lesson 7: to explore the feelings of others and relate them to ourselves