

Lesson number and title	Strand	Objectives	Overview
1. A fantastic friend	Relationships Education	To realise how important friendships are in making us feel happy and secure. To identify the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, sharing interests and experiences, and support with problems and difficulties.	This lesson introduces the idea of respect through examining friendship and the qualities of a fantastic friend. Pupils draw a fantastic friend and identify some characteristics of friendship.
2. I don't like it when...	Relationships Education	To acquire practical steps they can take in a range of different contexts to improve or support respectful relationships. To understand how to recognise and report feelings of being unsafe or feeling bad about any adult. To appreciate the importance of self-respect and how this links to their own happiness.	This lesson helps pupils to develop skills of assertiveness. They explore the positive and negative emotions that can be induced by what others say or do to them, and write their own I-statements.
3. When friendships go wrong	Relationships Education	To understand that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. To understand that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	This lesson looks at conflict and conflict resolution in friendships. Pupils consider some scenarios and use drama to show both negative and positive behaviours in conflict resolution.
4. Five fingers	Relationships Education Living in the Wider World	To recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed. To recognise reasons for rules and laws; consequences of not adhering to rules and laws.	This lesson helps pupils to consider trust as an important element of respect. They explore what makes you trust a person, and decide who are their Five Trusted People who they would go to for advice or support if they are worried about something.

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5. It's only a joke!	Relationships Education Health Education Living in the Wider World	To understand about different types of bullying, the impact of bullying on mental wellbeing, the responsibilities of bystanders and how to get help. To understand that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. To understand that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority. To learn the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others. To learn about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes. To learn about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced.	This lesson considers teasing as a form of bullying and links it with respect. Pupils consider the extent to which teasing is 'just a bit of fun' and how much harm it can actually do. They create an acrostic poem about how people in school should treat each other in order to show respect.