

Lesson number and title	Strand	Objectives	Overview
1. Why is friendship important?	Relationships Education	To know how important friendships are in making us feel happy and secure, and how people choose and make friends.	This lesson allows pupils to discuss the reasons why friendship is important. They explore a number of scenarios looking at why people are friends and seeing that many friends have common interests.
2. What makes a good friend?	Relationships Education	To know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, sharing interests and experiences and support with problems and difficulties.	Pupils draw themselves doing something they enjoy with their friends. They think of words to describe friends and create an advert for a friend. The lesson emphasises key traits of friends but also that different people look for different things in a friendship.
3. Falling out	Relationships Education Living in the Wider World	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 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.	This lesson focuses on why friends might fall out and how arguments and disagreements can be resolved. Pupils look at a range of scenarios and act out possible resolutions.
4. Feeling left out	Relationships Education	To understand that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	Pupils think about times when they have felt left out or excluded. They consider a range of feelings which stem from feeling isolated and why people might isolate others. They then identify strategies to help in times when they might feel left out or when others might feel left out.
5. Healthy friendships	Relationships Education	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 know where to get advice, e.g. family, school and/or other sources. To know what sorts of boundaries are appropriate in friendships with peers and others.	This session will focus on the important issues of what a healthy friendship looks like and some unhealthy friendship traits. It will also focus on boundaries. This is a discussion-based lesson that allows pupils to share their views and ideas on where to go for help if they feel uncomfortable in a friendship or if a friend is displaying unhealthy friendship traits.