

**Knowledge - what I already know**

I know who my friends are  
 I know some qualities that make a good friend  
 I know some ways to resolve a problem

**Knowledge - what I will know by the end of this unit**

To understand that there are different types of friendships  
 To develop conflict and resolutions strategies  
 To manage anger successfully  
 To develop strategies and prevent bullying  
 To understand the principles of first aid  
 To understand about E-safety

**Useful vocabulary**

**Friendship** - a relationship between friends  
**Acquaintance** - a person you know but you're not close friends with  
**Conflict** - a disagreement  
**Inflame** - to provoke or intensify strong feelings in someone  
**Reduce** - to make smaller or decrease  
**Responsibility** - having a duty or control over  
**Anger** - strong feeling of annoyance, displeasure or hostility  
**Triggers** - the cause for someone to do something  
**Overwhelm** - to be too strong for or overpower  
**Consequences** - a result of an action  
**Assertive** - having a confident and forceful personality  
**Bullying** - repetitive emotional or physical unkindness to another  
**Witness** - a person who sees something happen or take place  
**Peer pressure** - to influence or persuade someone to do something  
**Emergency** - a serious situation that requires immediate action  
**Unconscious** - not awake but responding to the environment  
**Choking** - something blocking the airway and restricting breathing  
**Recovery** - a return to a normal state of health  
**Cyber bullying** - repetitive unkindest using social media or messaging  
**Vulnerable** - exposed to the possibility of being harmed  
**Abuse** - to treat with cruelty or violence

**Activities**

- Consider the level of friendship you have with all the people you know. Do you like them all the same?
- Make a list of how a conflict could be made better or worse. Hotting up/ cooling down
- What are the short and long term consequences of when we are angry?
- Create anti-bullying poster. How can you identify a bully?
- Invite St Johns ambulance to discuss first aid and what to do in emergency health situations
- What are the risks and benefits of using the internet?

**Skills**

- Take part in discussions with one other person and the whole class, and take part in a simple debate about topical issues
- Identify and respect differences and similarities between people
- Recognise choices they can make and recognise the difference between right and wrong.
- Recognise the effect of their behaviour on other people, and cooperate with others
- Understands that there are different kinds of friendships and relationships
- Recognises ways to resolve a conflict and ways to inflame a conflict
- Identifies ways to manage anger successfully and can recall possible consequences to anger
- Can discuss strategies to prevent bullying and can identify a bully
- Understands the principles of first aid
- Recognises the risks and benefits of using the internet and can recall ways to stay safe on the internet.

