

# Autumn 1 – Year 5 & 6 Me & My Relationships Knowledge Organiser

## Golden Threads

Safety  
Caring  
Achievement  
Resilience  
Friendship



## Key Questions

### Feelings

What are emotional needs?  
Do we have the same emotional needs?  
Do emotional needs stay the same?  
Why are emotional needs important?

### Friendship Skills, Including Compromise

What qualities make a good friend? Why?  
How does a good friend show these qualities?  
Do these qualities make a difference in friendships? How?

### Assertive Skills

How can someone stand up for themselves?  
When would someone use their assertiveness skills?  
Is assertiveness the best way to react to pressure? Why?

What do bystanders do when someone is being bullied?

What is the difference between an active and a passive bystander?  
Can passive bystanders affect a bullying situation? How?  
Can active bystanders affect a bullying situation? How?

### Cooperation

What is compromise?  
What is negotiation?  
How can negotiation and compromise skills help someone?

### Safe/Unsafe Touches

What is appropriate touch?  
What is inappropriate touch?  
What types of touch are illegal?

## What should I already know?

- ◆ That feelings can vary by intensity, person and change over time.
- ◆ The qualities of a 'positive, healthy relationship'.
- ◆ When it's appropriate to say no and how.
- ◆ Strategies and skills needed for collaborative work.
- ◆ to get help if they are upset.
- ◆ How to recognise bullying or pressured behaviour.

## Key Vocabulary

<b>active</b>	the person or thing doing the action, rather than having it done to them
<b>aggressive</b>	full of hostility and violence
<b>appropriate</b>	suitable or acceptable for a particular situation
<b>assertiveness</b>	If you are assertive, you speak and behave in a confident and direct way, so that people pay attention to you.
<b>body language</b>	when people show how they are feeling through facial expressions or movements of their body
<b>bullying</b>	when one person hurts, harms or is mean to another person over and over again.
<b>bystanders</b>	someone who is not included or involved in something but is there to see it happen
<b>collaborate</b>	work together
<b>community</b>	all the people living in a particular area or in a particular group
<b>compromise</b>	to settle for less than you really wanted
<b>conflict</b>	disagreement and argument, war or battle
<b>culture</b>	the ideas and customs of a particular society
<b>emotional needs</b>	a state or condition that must be fulfilled in order for us to experience happiness and peace
<b>negotiation</b>	formal discussion in order to reach an agreement
<b>opinion</b>	a belief or view
<b>passive</b>	the person or thing to which an action is being done to
<b>pressure</b>	when someone tries to persuade or force you to do something
<b>qualities</b>	a particular characteristic of a person or thing
<b>resolution</b>	The resolution of a problem is the solving of it.
<b>response</b>	a reply or a reaction to something
<b>sensitive</b>	If you are sensitive about something, you are easily worried or upset about it.