Healthy and happy friendships



This topic explores friendships: their importance, what being a good friend means, and how to keep friendships positive and healthy. Pupils investigate their own values and identity (including their online identity), and develop skills to resolve difficulties within friendships, including maintaining and respecting personal boundaries and safe touch, managing peer pressure and the effects on friendships of change.

Year group		Video	Vocabulary	Lessons
Y1	Making friends and getting along	A new school	friend, friendly, kind, unkind, welcoming, happy, sad, share	 Friends Kindness Getting along, sharing and turn taking
Y2	What makes a happy friendship?	Friends at first	happy, healthy, kindness, friend, smile, no, touch, uncomfortable, boundaries, personal, space, worries, help, trust	 What makes a happy friendship? Personal boundaries Worries
Y3	Being a good friend	The friendship tree	friend, respect, values, touch, private, privacy, resilience, encouragement	 What makes a good friend? Personal space Resilience
Y4	Solving friendship difficulties	Peer mediators	friend, values, qualities, difficulty, compromise, communication, yes, no, boundaries, permission	 Qualities of a good friend Solving friendship difficulties Personal boundaries and permission
Y5	Changing friendships	Changing friendships	identity, stereotypes, prejudice, peer pressure, choice, emotions, wellbeing, emotional health, mental health, stress, anxiety	 Identity Peer pressure Emotional health and wellbeing
Y6	Relationships and feelings	Moving on	personal safety, risk, consequences, friends, change, relationships, emotions, feelings	 Personal safety Relationships and change Wider emotions