



What should I already know?

- explain who the special people in my life are.
- talk about why families are important.
- describe what makes someone a good friend;
- know how to resolve an argument in a positive way;
- know the skills involved in successful cooperation;
- identify a way to show others we care.

Knowledge

Having friends is important as it is good for both your physical and mental health.

Trust respect and kindness are important factors in a friendship. Although we sometimes argue with our friends and this can feel unpleasant, it can often help to develop stronger friendships, as long as the argument is worked out properly.

Anyone can be a victim of bullying and it can happen at any age. We should talk to someone if we feel we are being bullied or we see bullying happening.

There can be many different types of bullying, such as, verbal, physical, emotional and cyber-bullying.

We have different types of relationships with different people. Everyone deserves to be treated with respect even if they are not your friend,

Values

Challenge	Is it always the right thing to challenge a bully?
Commit	How can we commit to being a good friend?
Conquer	Why is important to conquer your differences if you disagree with your friends?
Celebrate	Why do we have celebrations with our family and friends?

Key facts and figures

- It's not just humans that make friends, even animals such as chimpanzees, elephants and dolphins form friendships.
- Babies as young as nine months old can recognise friendships.

Technical vocabulary

Friends	A person who you enjoy to spend time with.
hobbies	Something you do in your spare time.
respect	Treating others in a kind and thoughtful way.
relatives	People in your family.
family	Parents and their children.
support	To help someone else.
reflect	Think something over.
argument	To disagree with someone else.
resolution	To find agreement of some sort after an argument.
opinion	What somebody thinks.
difference	Not the same.
decisions	Being clear about the way you think.
compromise	Where people agree to settle for less than they asked for to settle an argument.
bullying	To deliberately hurt somebody else.
victim	Someone who has been hurt in some way, deliberately by someone else.

