

Me and My Relationships - Y5(Eng)/P6(Sco)

Our Big Question

**How can we work together,
manage our feelings and
stay safe in relationships?**

Emotional Awareness

- How can I manage my emotions?
- How can I show respect for others' feelings?
- How can I be assertive and say "no" when I need to?

Teamwork & Collaboration

- How can I work well with others?
- How can I solve disagreements calmly?
- How can I include everyone?

Safety & Support

- What makes a healthy relationship?
- How can I spot an unhealthy friendship?
- Who can help if I am worried about myself or someone else?

I can...

- I can include others, listen to different views, and solve disagreements fairly.
- I can recognise safe and unsafe behaviour in relationships and know where to get help.
- I can manage my feelings, communicate my needs, and respect my own and others' boundaries.



Talking with others to find a fair solution to a problem.



The final solution to a disagreement or difficulty.



How positively you think and feel about yourself.



The information and content you leave behind when you use the internet.



Online information that can stay with you for a very long time.



Not noticing or caring about how other people feel.



Lacking confidence or feeling unsure about yourself.



The things people need to feel loved, valued, safe, and supported.