

Me and My Relationships - Y6(Eng)/P7(Sco)

Our Big Question

How can we build positive relationships, respect boundaries and keep ourselves and others safe?

Emotional Awareness

- How can I manage my emotions?
- How can I understand how others feel?
- How can I adapt my behaviour in different situations?

Positive Relationships

- What makes a healthy relationship?
- How can I respect different people and opinions?
- How can I solve disagreements fairly?

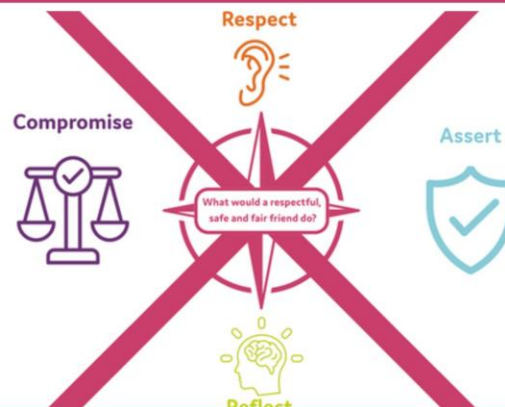
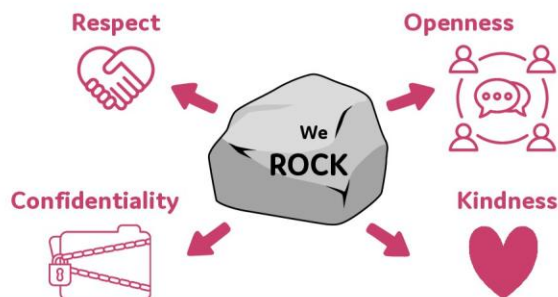
Safety & Boundaries

- What are boundaries and why are they important?
- How can I recognise safe and unsafe behaviour?
- Who can I talk to if I am worried about myself or someone else?

I can...

- I can manage my emotions, communicate my needs clearly, and respect my own and others' boundaries.
- I can recognise healthy and unhealthy relationships, show empathy, and resolve friendship problems positively.
- I can recognise when boundaries have been crossed, identify unsafe behaviours, and seek help from safe adults.

Year 6 R.O.C.K Agreement



balanced friendship

A friendship where both people are treated fairly and feel valued.



assertiveness

The skill of expressing your thoughts and feelings confidently and respectfully.



peer pressure

Feeling influenced by other people to act, think, or behave in a certain way.



disrespect

Behaviour that shows a lack of consideration for another person's feelings, rights, or wishes.



appropriate

Behaviour, words, or actions that are suitable for a particular situation.



inappropriate

Behaviour, words, or actions that are not suitable for a particular situation.



response

What someone says, does, or feels after something happens.



rejected

Feeling that you have not been accepted by a person or group.