



Words you will learn:



behaviour

What a person does.



boundaries

Limits that keep people safe or comfortable.



communicate

To share ideas or feelings using bodies, words, writing or pictures.



friendship

A caring relationship where people enjoy time together and trust each other.



relationship

How people are connected to each other.



respect

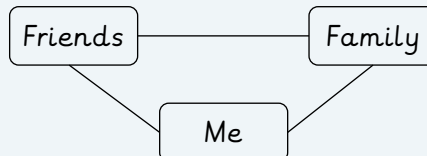
Being thoughtful in the way you think, speak and act.



self-respect

Treating yourself with care.

We have many different relationships. Healthy relationships are built on care and **respect**.



Families can help and care for each other in lots of ways:



helping with jobs



showing kindness
and care



spending time
together

Healthy families help children feel:



loved



safe



cared for

Each family is different. Write or draw what a family means to you.



Everyone has different **boundaries** which help them feel safe and comfortable.

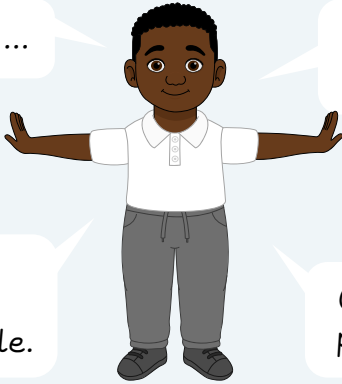
To **communicate** your boundaries, you can say:

I don't like ...

I need some space.

That makes me feel uncomfortable.

Can you please stop...?



If someone does not respect your boundaries, try again. If it still happens, tell a trusted adult.

Good friends are people who:

show respect

are kind

want to help

include you

Bullying can be physical, verbal or online.
If you see or experience **bullying**:



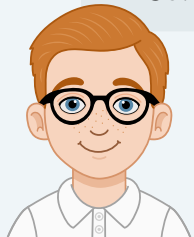
Tell a trusted adult.



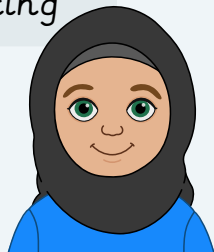
Use kind words and actions - don't join in.

A **falling-out** is a disagreement that stops friends getting along. When this happens, we can use kind and fair words to solve the problem. Try:

communicating

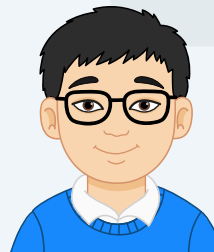


I felt upset when...

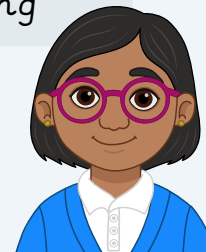


Can we talk about what happened?

apologising



I'm sorry, I didn't mean to upset you.

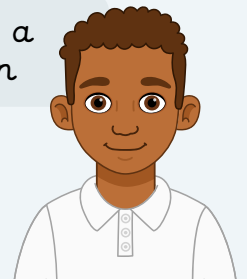


I'm sorry about...

finding a solution



Next time, can we...



Would it help if we...