

How can I build positive, healthy relationships? (PSHE Y5– Relationships)



What I can remember

- Know that loss is a normal part of relationships
- Can identify the feelings and emotions that accompany loss

Big Ws: Relationships and Technology






The SMARTT rules

S <u>safe</u>	Keep personal information like pictures, names, passwords and addresses safe
M <u>meeting</u>	People you meet online are still strangers
A <u>accepting</u>	Think carefully before accepting invitations and clicking links
R <u>reliable</u>	It is difficult to tell what information is reliable and helpful online
R <u>rights + responsibilities</u>	You need to treat people with respect and kindness online, as you would face-to-face
T <u>tell</u>	If something online is worrying you or a friend, tell a trusted adult

Big Ws: There are rights and responsibilities in an online community or social network

Online gamers	Online hoaxes	Rights and responsibilities	Online games
<ul style="list-style-type: none"> ➤ There are currently over 3 billion online gamers worldwide 	<ul style="list-style-type: none"> ➤ People may share a deliberate lie which appears to be truthful. These can spread quickly 	<ul style="list-style-type: none"> ➤ Communicating with respect, not to hurt others. If something feels unsafe, unkind or dangerous- leave the site 	<ul style="list-style-type: none"> ➤ Make sure you use your common sense when playing online games to keep safe and happy
			

Vocabulary

Self esteem	Negative self-talk	Personal Attributes	Age restriction	Grooming
				
Pride in oneself, self-respect	Talking about yourself in a negative, unkind way	A quality or characteristic of someone	A restriction or limitation measured by age	Actions taken by a predatory adult meant to reduce a child's fear