Year 3 Term 2

How useful is the world around us?

PSHE



Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance

How important friendships are in making us feel happy and secure, and how people choose and make friends.
That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Pupils should learn skills for developing caring, kind friendships.
That not every child will have the friends they would like at all times, that most people feel lonely sometimes, and that there is no shame in feeling lonely or talking about it.
The characteristics of friendships that lead to happiness and security, including mutual respect, honesty, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties.
That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened.
How to manage conflict, and that resorting to violence is never right.
How to recognise when a friendship is making them feel unhappy or uncomfortable, and how to get support when needed.
The different types of bullying (including online bullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult), and how to get help.
How to recognise when they feel lonely and what they could do about it.
How people behave when they are being friendly and what makes a good friend.
How to resolve arguments that can occur in friendships.
How to ask for help if a friendship is making them unhappy.

Essential Prior Learning:

How to make friends with others.

Progression in Skill:

Know how friendships support well-being.
Recognise if others are feeling lonely or excluded.
Know some strategies to help others to feel included.
Know how to build a good friendship, identifying qualities that contribute to positive friendships.
Understand that it is important to seek support if you feel lonely or excluded.
Know some of the qualities a good friend has.
Understand that friendships sometimes have difficulties.
Suggest ways to manage problems or arguments between friends, resolve disputes and reconcile differences.
Recognise some signs that a friendship is making you unhappy, feel uncomfortable or unsafe.
Know how to ask for support with friendships.
Name some sources of support if you are worried or upset.
Know some different types of bullying, including the role of a bystander.
Explain some of the consequences of hurtful and/or bullying behaviour on all those involved.
Understand that people can have multiple friends.

Long-term Memory Knowledge:

Friends help us feel happy and supported.
Suggest some signs someone feels lonely or left out.
Suggest ways to help others feel included, e.g. being kind and inviting them to join in.
Suggest some 'ingredients' of good friendships, e.g. kindness, sharing, listening, respect.
Name some people you can ask for help if you feel lonely, left out or have worries about friendships, e.g. parent, teacher.
Friendships can sometimes have problems or disagreements but we can usually solve them by talking, listening and being fair.
Some friendships can make us feel unhappy, worried or unsafe and it is important to speak to an adult about these.
Bullying can happen in different ways, e.g. being mean, leaving people out or online.
Bullying can hurt everyone involved.
People can have more than one friend or friendship group.

Key Vocabulary	
well-being	feeling happy, healthy, and safe
include	let someone join in and be part of the group
exclude	leave someone out on purpose
conflict	a serious disagreement or argument
argument	a disagreement with someone
resolve	fix a problem or make things better again

Progression in Resources:

Role-play
Circle time discussions
Scenario cards

Relevance	
Now	Knowing what makes a good friend and that friends can help make me feel happy and safe. Noticing when someone might be feeling left out means I can help by including them in my games.
Future	Have strong, healthy friendships that are mutually beneficial throughout life.
Aspiration	Children may consider a career in counselling: supporting others who do not have healthy relationships.