



Year 5: Friendships and Families

Subject Specific Vocabulary		Reconcile	Important knowledge about friendships and families
Exit-strategies	A clear way to leave an unsafe or uncomfortable situation		<ul style="list-style-type: none">❑ I know what makes a healthy friendship and how they make people feel included.❑ I know strategies to help someone feel included.❑ I know about peer influence and how it can make people feel or behave.❑ I know the impact of the need for peer approval in different situations, including online.❑ I know strategies to manage peer influence and the need for peer approval e.g. exit strategies, assertive communication.❑ I know that it is common for friendships to experience challenges.❑ I know strategies to positively resolve disputes and reconcile differences in friendships.❑ I know that friendships can change over time.❑ I know how to recognise if a friendship is making them feel unsafe, worried, or uncomfortable.❑ I know when and how to seek support in relation to friendships.❑ I know the 5 ways to wellbeing❑ I can recognise how some exercises can improve your focus and attention
reconcile	To make friends again.		
pressure	What you feel when others try to influence you		
dispute	An argument.		
repair	Mending friendships after conflict		
assertive	Having confidence to speak.	Inclusion	
influence	Affecting the behaviour and opinions of others.		
uncomfortable	Feeling unhappy with how you are being treated.		
bond	The connection that keeps friends close		
approval	To want to be liked by others.		