# Friendships

We will be learning about different elements of Friendship in different year groups. Each year will build on the children's current understanding. The aim of Wellbeing sessions is to equip children to be able to tackle issues they might encounter in the future. This unit will help them to understand and practise ways to navigate friendships.

## We will learn about:

**Across the 2 Key Stages, pupils will learn:**

- What makes a good friend
- Different types of friends and friendships
- How to deal with normal friendship conflicts
- What bullying is and how to deal with it
- Self respect and self esteem
- Respect, courtesy and manners
- Peer pressure and peer influence
- Online vs offline friends and internet safety

**At home...** If your child says that they have had a tricky time with a friend, listen to them. Encourage them to explain what both they and their friend have said and done. Ask them what they think they should do next.

Try to avoid taking control and instead encourage your child to resolve the problem themselves if possible. Remind them that they can always speak to an adult in school who can help them if they want. If you believe it is a serious problem, you can contact us via the school office.

## Useful Websites

www.nspcc.org.uk
www.childline.org.uk
www.anti-bullyingalliance.org.uk
www.kidscape.org.uk

## Focus on the positives!

Instead of asking, "How was your day?" try:

- "What was the best part of your day?"
- "Can you tell me some kindness you saw or experienced today?"
- "What did you do to make someone happy today?"

Everyone can join in and explain the good things that happened in their days too.