

RSHE: Relationships 1

How can I maintain healthy relationships?

Key vocabulary

PSHE

RSHE

change

transition

emotional change

preparation

friendship

pressure

boundaries

consent

assertive

Must—know knowledge

You can explain what RSHE means and identify how it helps you in your everyday life.

Change is inevitable and it is linked to a range of different emotions.

You can notice how those emotions feel in your body and use that information to identify them.

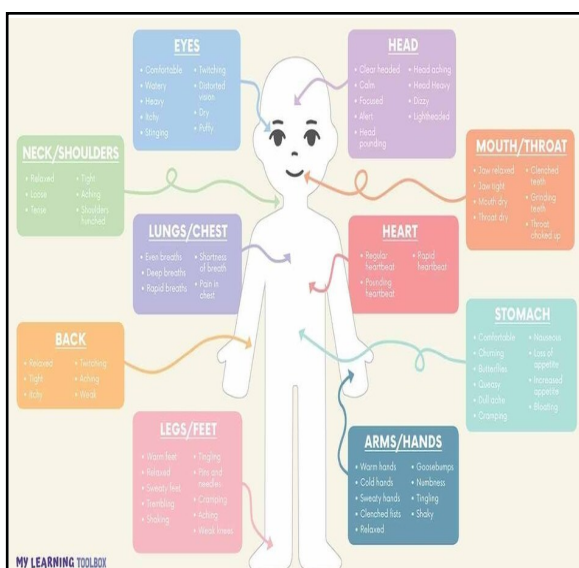
Once you identify the emotion, you can choose an appropriate strategy to self-regulate

Everyone has similar worries: sharing them helps to solve them.

Friendships change as we grow up and move up through the school. That is OK.

Likewise, you can make new friends using a range of different strategies.

In all relationships, there are boundaries. You can identify them and set your own by giving consent or being assertive.



RSHE reminders

R- Respect

O- Open-Minded

C- Confidentiality

K- Kindness



Online Safety

Follow the SMART rules to stay safe online.

S Stay safe online by not sharing personal information

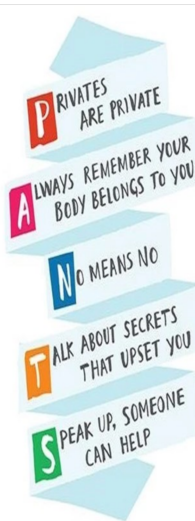
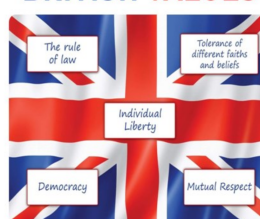
M Do not meet anyone who you have only made friends with online

A Do not accept messages or friend requests from strangers

R Not everything online is reliable. Some people online are strangers and may try and trick us

T Tell an adult you trust if anything happens online that you don't like

BRITISH VALUES



Physical
Boundaries

Emotional
Boundaries

Verbal
Boundaries

Time
Boundaries

protect my
personal space
& body



protect my
thoughts &
feelings



protect how
we speak &
what we discuss



protect how
I spend
my time



To get support/information

