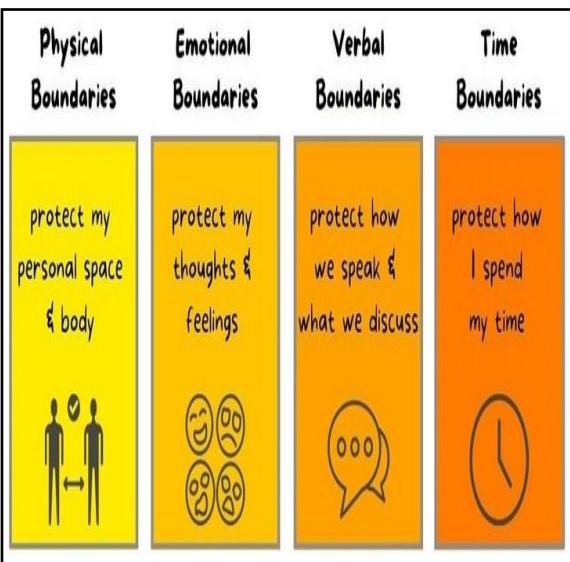
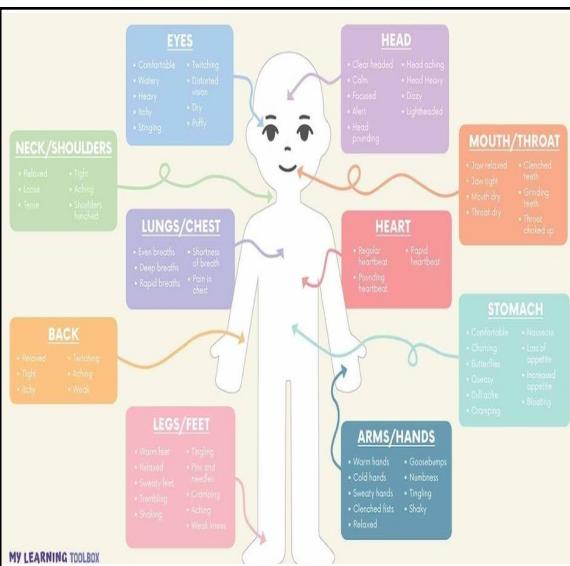


RSHE: Relationships 1

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

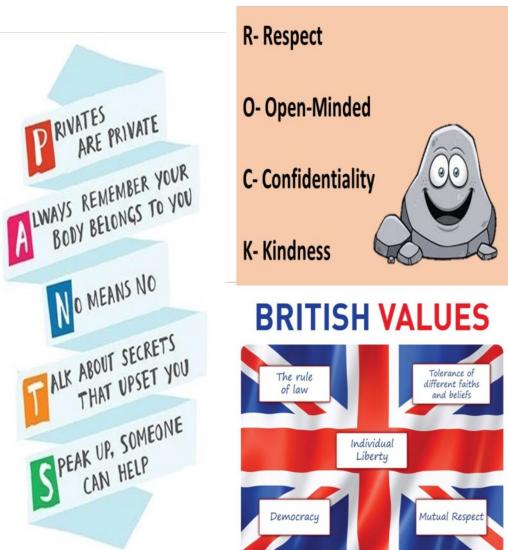
Everyone has similar worries: sharing them helps to solve them.

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



To get support/information

