

TOPIC OVERVIEW

You will be learning about how to recognise healthy and unhealthy friendships. You will have a chance to talk about how to manage unhealthy relationships, both with your friends and with adults and other people in your life. Also, where you can find help if you need it.



Key Vocabulary

Advice – ideas that you can suggest to others, to help them feel better.

Healthy friendship – a friendship that you enjoy being a part of; being with this person makes you feel good.

Relationship – a connection that you share with another person, either through family or friendship.

Support – The help you might beed from others.

“Toxic” – an unhealthy relationship that makes you feel sad, anxious or other negative feelings.



Where can I get help?

- Other friends
- Parents/ carers
- Siblings/ other family members
- Trusted adults in school
- Buddy+ in school
- Anti-bullying ambassadors

