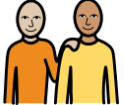
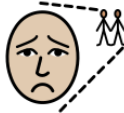
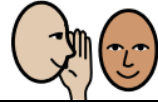


Year Three – PSHE: Friendships, relationships and keeping safe



Subject Specific Vocabulary	
friendship	A relationship between friends.
online	Being online means using the internet on a computer, tablet, or phone to do things like watch videos, play games, learn, or talk to friends and family.
relationship	The way people are connected to each other and how they treat each other.
family	A group of people who care for and love each other.
positive	A good thing
risk	Putting yourself in danger
face-to-face	Meeting in person
consequences	The result of a negative action
bullying	Upsetting someone several times on purpose
feelings	Emotions we have inside
hurtful	doing or saying something that makes someone feel sad, angry, upset.
goals	Something to achieve
secret	Something that you know but don't tell other people.
surprise	Something that happens when you don't expect it.

	Sticky knowledge
	There are different types of relationships, including friendship, family and romantic relationships.
	To make good friends, it's important to be kind, share, and listen to others. When you show respect and care for your friends, they will feel happy to be around you and want to spend time with you.
	It's normal to feel lonely sometimes, but it's important to remember that we all need friends.
	When you know someone online, it means you've met them through the internet, like on a game, a chat app, or a website. You might talk to them a lot, but you've never met them in person.
	Whether bullying happens in person (offline) or on the internet (online), it can make people feel sad, lonely, and scared.
	Everyone has strengths, like being kind, creative, or good at solving problems.
	Sometimes, we keep things secret because we want to surprise someone, like when you plan a birthday surprise. It's okay to keep a secret when it makes people happy.
	Sometimes, people act differently when they're online because it's easier to pretend to be someone they're not. It's important to remember that just because someone is saying things online, it doesn't always mean they are telling the truth.

