

PSHE / SEL · Y3–Y6

# Relationships & Belonging

Knowledge Organiser — Y3–Y6

## Features of healthy relationships

1

### Mutual respect

Both people treat each other with kindness and consideration. Neither person is put down or belittled.

2

### Honesty

Both people can be truthful — even when it's difficult — without fear of the other person's reaction.

3

### Trust

Each person can rely on the other to keep their word and to have their best interests at heart.

4

### Support

Both people are there for each other in difficulty, not just in easy times.

5

### Equality

Both people have equal say and equal value. Neither dominates or controls the other.

6

### Independence

Both people maintain their own identities and friendships outside the relationship.

## solution — a process

What to do when you disagree with

- 1. PAUSE — don't react immediately. Take a breath.



- 2. LISTEN — hear the other person's perspective without interrupting.
- 3. REFLECT — 'So what you're saying is...' Check you've understood.
- 4. SHARE — explain your own perspective calmly. Use 'I feel...' not 'You always...'
- 5. FIND COMMON GROUND — what do you both agree on?
- 6. COMPROMISE — what can each of you give up or adjust?
- 7. REPAIR — if needed, acknowledge how things went and agree to move forward.
- EMPATHY: the ability to imagine how someone else is feeling. Not the same as agreeing with them.

