



# Understanding and appreciating positive relationships

## Lesson 1

**Title:** Positive relationships

**Learning objective:**

- To recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships.

## Lesson 2

**Title:** Understanding the different types of bullying

**Learning objectives:**

- To understand what is bullying and how bullying occurs.
- To be aware of the different types of bullying.

## Lesson 3

**Title:** Challenging stereotypes

**Learning objective:**

- To recognise and challenge stereotypes.

## Lesson 4

**Title:** Mental well-being and my family.

**Learning objectives:**

- To understand that people may experience and recover from mental ill health in the same way as physical ill health.
- To know how to seek support if they need help or advice about their own or someone else's mental health.

## Lesson 5

**Title:** Secrets and surprises

**Learning objectives:**

- To know that the body gives signals when in danger.
- To understand that it is important to think about the risks in situations and what will keep them safe.
- To understand that there are different types of touch that people like and dislike.
- To know that a person has the right to personal space.