

## RSE – Friendships and Behaviour

Years Five and Six



positive

negative

healthy

toxic

friendships

well-being

supportive

influence

peer pressure

approval

loneliness

excluded

privacy

boundaries

online

personal

choices

By the end of this unit, you will have an understanding what healthy friendships should look like and you will know that good friends should be supportive and encourage you to make sensible choices. You will have some ideas of where to go, or actions to take, if you feel lonely or excluded.

### Important information



### Some fun friend facts

1. At just 9 months old, most babies understand the concept of friendship. Research shows that babies can recognise and pay attention to the fact that people with similar likes and dislikes tend to be friends. How clever they are!
2. Friendship is good for your health. Believe it or not, people with larger networks of friends actually live longer! Having friends can reduce stress and depression and add immensely to your happiness. Isn't it true that you always feel especially cheerful and at ease when you're hanging with your besties?!
3. In your life, you will have approximately 396 friendships, but only 36 will truly last (that's one in 12). Those 36 that stick around must be pretty special.
4. Studies have shown that marriages typically last if they are rooted in friendship. Awww!
5. They say that we lose half of the friends in our friend group every seven years. If a friendship lasts over seven years, you will most likely have that friend for life.
6. Animals can have friends too! Studies have shown that furry creatures can have lifelong friendships with animals outside of their species. Research has demonstrated this is true for chimpanzees, baboons, hyenas, elephants, dolphins, horses, dolphins and even bats.

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|   | Learning question   | What you will learn   | Learning Review |
|---|---|---|-----------------|
| 1 | What makes a good friend?   | You will learn about the importance of friendship, strategies that can be used to build positive friendships. You will know how healthy and positive friendships can help support your well being   |                 |
| 2 | What does a healthy and positive friendship look like?                                    | You will look at traits of a healthy friend. We will also look at scenarios that may occur in positive and healthy friendships as well as those in less positive friendships.   |                 |
| 3 | What can you do if you feel lonely or excluded?   | You will think about what loneliness feels like. You will understand how seeing support can reduce the feeling of being lonely or feeling excluded.   |                 |
| 4 | How can our friends influence the way we behave?  | You will discuss how seeking the approval of your peers/friends may mean you can behave differently. We will discuss examples of how a friend can influence you to behave in a positive or negative way and the consequences of those actions.  |                 |
| 5 | What kinds of information should you be share with friends (both in real life and online) | You will understand the terms privacy and boundaries. You will know what personal information is appropriate to share with friends both in real-life and online. You will have an understanding that boundaries can be healthy and it can be uncomfortable if someone steps over yours. |                 |