



Healthy Friendships and Bullying

YEAR 7 PSHE



Today....

At the end of this lesson, I will be able to:

- describe my own values around relationships and how these are similar and/or different to my peers
- Think about ideas of how to deal with some friendship issues
- recognise the signs of bullying and know what to do if I'm bullied

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Rules in a PSHE classroom

Tell me what rules you discussed in your tutor groups for PSHE.



What are values?

Values are the beliefs we hold about what is important, what matters most to us in life. They guide our decision-making and help us to assess the choices we have made.





*Think about
your own
values.....*

Relationship Values

Acceptance	
Accountability	Loyalty
Appreciation	Openness
Balance	Optimism
Care	Popularity
Commitment	Positivity
Compassion	Protection
Empathy	Resilience
Equality	Respect
Forgiveness	Safety
Honesty	Security
Humour	Support
Independence	Trust
Intimacy	Understanding
Listening	Vulnerability

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***Write 3
statements
about what
you value....***

“I really value.....”

“ I think is really important”

“Being able to is very important”

What values are behind the quotes?

“Choose people who lift you up.”

Michelle Obama

“Never dull your shine for somebody else.”

Tyra Banks

“When you love someone, you love the person as they are, and not as you’d like them to be.”

Leo Tolstoy

“You know it’s love when all you want is that person to be happy, even if you’re not part of their happiness.”

Julia Roberts

“We can improve our relationships with others by leaps and bounds if we become encouragers instead of critics.”

Joyce Meyer

“He’s not perfect. You aren’t either and the two of you will never be perfect. But if he can make you laugh at least once, causes you to think twice, and if he admits to being human and making mistakes, hold on to him and give him the most you can.”

Bob Marley

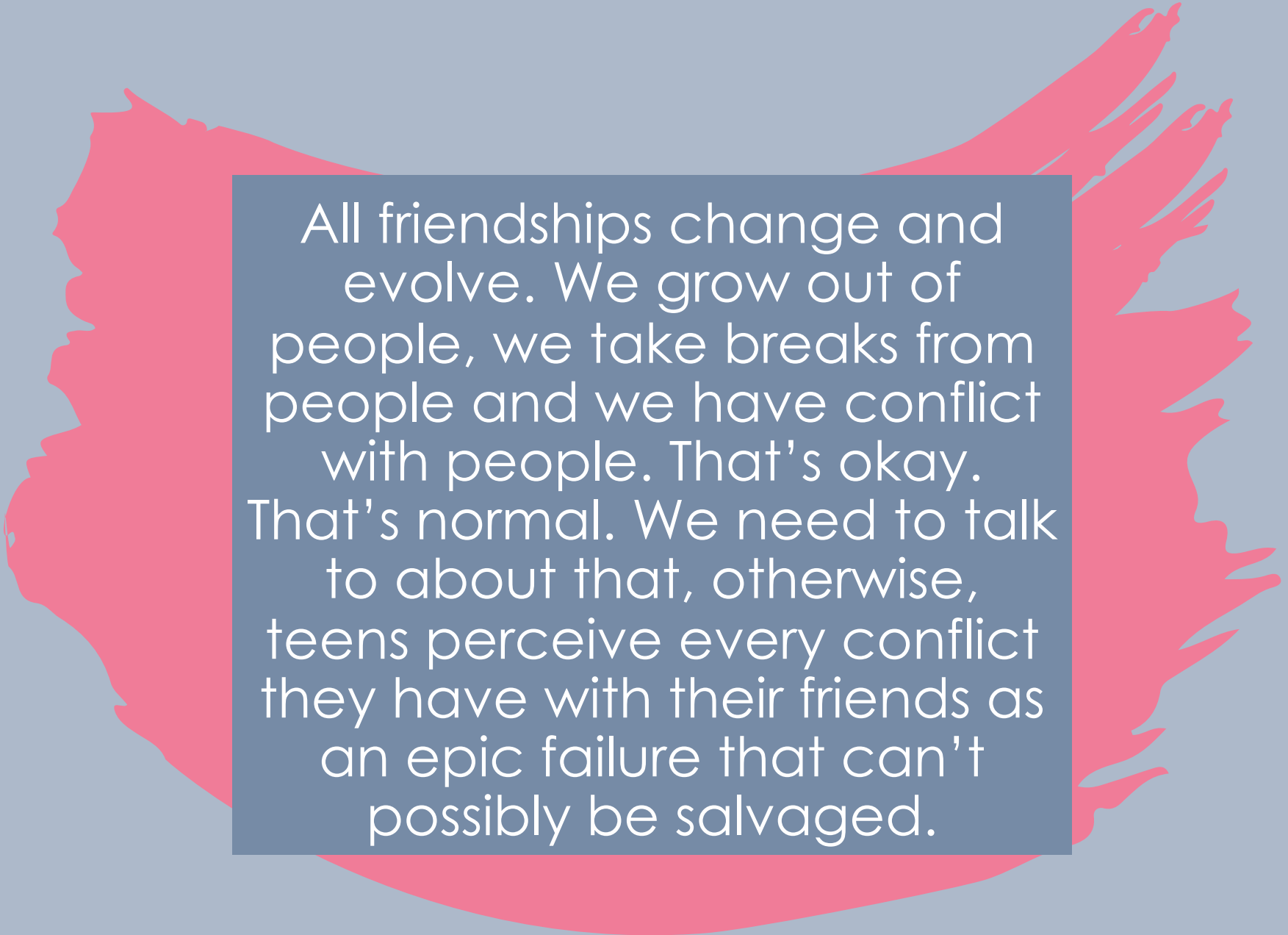
“Assumptions are the termites of relationships.”

Henry Winkler

There are certain elements that go into a healthy relationship/ friendship; comfortable pace, honesty, respect, kindness, healthy conflict, trust, independence, equality, taking responsibility, fun.

Think..... What are your top 5 values for a healthy friendship?

**Pair..... Are the same or different?
Does that matter? Can that matter?**

A large, abstract pink brushstroke graphic that frames the central text box. The stroke is thick and expressive, with a rough, hand-painted texture. It starts from the left, curves around the top and right, and tapers off towards the bottom.

All friendships change and evolve. We grow out of people, we take breaks from people and we have conflict with people. That's okay. That's normal. We need to talk to about that, otherwise, teens perceive every conflict they have with their friends as an epic failure that can't possibly be salvaged.

Friendship issues

A friend has stopped talking to one person in your group. Be a good friend. What do you do?

In class the teacher asks for 'groups of 4'. But there are 5 of you who are close. What do you do?

Your friend keeps calling you a nickname you don't like. What do you do?

You are at a new school and someone is being mean to you. What do you do?

You make a new friend and another friend is jealous. What can you do?

Unhealthy Relationships

BULLYING

What is bullying?

What are the different types of bullying?

What are the common signs of bullying?

Why do some people bully other people?

What are the effects of bullying?



NSPCC

YOUNGmINDS
fighting for young people's mental health



Where do I get help?.....

What can you do if

- You are being bullied?
- You know someone who is being bullied?
- All these organisations offer advice and guidance on a wide range of topics including bullying.

[Look here.....](#)

A large, irregular pink brushstroke shape is centered on a light blue background. The brushstroke has a textured, hand-painted appearance with varying shades of pink and some darker edges.

And finally....
**What should you do if you think you
are being bullied?**