Knowledge Organiser – Me and My Relationships Term 1 2026 MC

Sticky Knowledge – What I already know

I know there are different types of feelings
I know how to work as a team
I know it is important to show respect and compassion to others, even if you disagree
I know what makes a positive healthy relationship
I know what being unkind, teasing and bullying means
I know the characteristics of friendships and what to do when challenges occur

Key Knowledge – What I will know at the end of the unit

- I know what a dare is
- I know who my special people are and how to maintain a positive relationship
- I know what a positive healthy relationship is
- I know sometimes I will need to be assertive with friends
- I know what collaboration means and how to work collaboratively
- I know what is meant by negotiate and compromise

Key Themes

Cooperation, Friendships, Recognising feelings, Bullying, Assertive skills , Feelings, Friendship skills, including compromise, Assertive skills, Safe/unsafe touches, Assertiveness Cooperation



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Word	Definition
• **Negotiation** – talking together to try to reach an agreement. • **Compromise** – when people each give up a little of what they want so they can agree. • **Dare** – a challenge to do something, which might sometimes be risky or uncomfortable. • **Persuade** – to try to convince someone to do or believe something. • **Feelings** – emotions we experience, such as happiness, sadness, anger or worry. • **Friendship** – a caring and trusting relationship between friends. • **Falling out** – having an argument or disagreement with someone. • **Making up** – becoming friendly again after an argument or disagreement. • **Positive** – good, helpful or encouraging. • **Healthy relationship** – a relationship where people feel safe, respected, supported and valued. • **Respect** – treating others kindly and valuing their feelings, ideas and differences. • **Responsibilities** – things that you are expected to do or take care of. • **Qualities** – the characteristics that describe what someone is like, such as being kind or honest.	• **excluded** – being left out of a group or activity. • **Assertive** – saying what you think, feel or need clearly and respectfully. • **Aggressive** – behaving in an angry or forceful way that may upset or hurt others. • **Negotiate** – to talk with others to try to reach an agreement. • **Friendly** – behaving in a kind, welcoming and pleasant way. • **Rude** – behaving or speaking in a way that is unkind or disrespectful. • **Consequences** – the things that happen as a result of an action or choice. • **Face to face** – talking to someone in person rather than by phone, message or online. • **Respectful** – showing care and respect for other people and their feelings. • **Collaborate** – to work together with others to achieve something. • **Assertive** = saying what you need clearly and respectfully. • **Aggressive** = trying to get what you want in a way that **may hurt or upset others**. • **Compromise** = both people change what they want a little to reach an agreement. • **Negotiate** = talking and listening to try to reach an agreement.