



# Year 5—Learning for Life

## Me and My relationships



**You have already learnt...**  
Give a lot of examples of how I can tell a person is feeling worried just by their body language.  
Say what I could do if someone was upsetting me or if I was being bullied.  
Explain what being 'assertive' means and give a few examples of ways of being assertive.

**Key Knowledge**  
Give a range of examples of our emotional needs and explain why they are important.  
Explain why these qualities are important.  
Give a few examples of how to stand up for myself (be assertive) and say when I might need to use assertiveness skills.

**Key Skills**  
collaboration  
being assertive

**Key vocabulary**

conflict      when you challenge the way a person thinks or

resolution      the act of finding an answer or solution to a conflict

sensitive      having or showing concern for the feelings of others or themselves

insensitive      not having or showing concern for the feelings of others or them-

abuse      when someone hurts another person verbally, emotionally or physically



conflict



Resolution



sensitive

**Next year you will learn...**  
Explain bystander behaviour by giving examples of what bystanders do when someone is being bullied.  
Give examples of negotiation and compromise.  
Explain what inappropriate touch is and give example.