



Relationships | VIPs

Key Knowledge

Loving Relationships

People can be part of many different relationships. These might be friendships, relationships within families, romantic relationships, online friendships and also the relationship we have with ourselves. Different people may choose to be in different relationships and this must be respected. The way we feel love in the various relationships we are part of may feel different, but it is important we feel safe, secure and cared for. If any of our relationships make us feel uncomfortable emotions, it is important that we talk to someone in our **support network** for help.

Processing Big Emotions

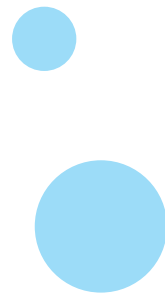
There are some emotions we may experience which could be particularly big or particularly uncomfortable. When this happens, it can help to have some calming **strategies** we know will help. These may include breathing slowly and deeply, sitting or lying in a relaxing position, practising mindfulness, listening to or playing music, squeezing a ball or toy, exercising or thinking positively.

Disagreeing Respectfully

We are part of many different relationships and within these we will share our opinions with lots of different people. We do not need to always think the same as our **VIPs**, so our opinions on certain topics may be different. When we have an opinion that is different from someone else's, we can share our ideas in a respectful way that acknowledges the other person's view but makes our opinion clear too. We can do this by using kind words and a calm tone and in a way that shows respect for the views of others. It is important to show each other respect, politeness and honesty while valuing the different opinions we each have.

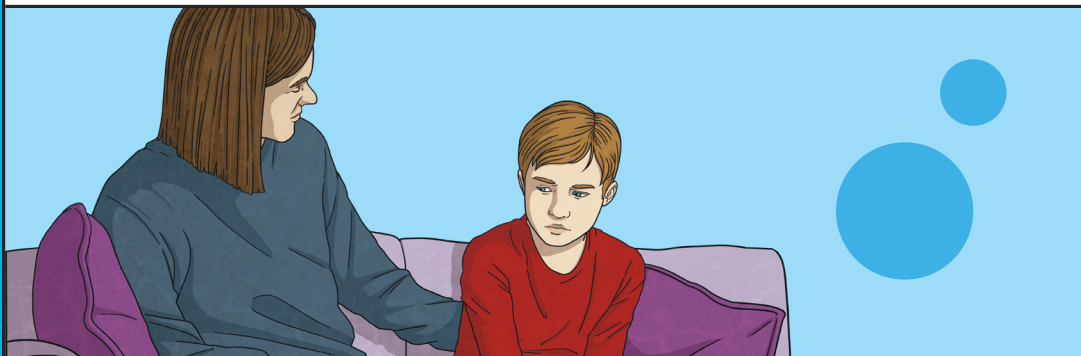
Key Vocabulary

- support network:** A group of people we can rely on to provide practical and emotional help.
- strategies:** Ways we can work through or manage something.
- resolution:** A solution to a problem.
- conflict:** An argument or disagreement between two or more people.
- disagree:** When people express different opinions.
- pressure:** A strong **influence** people feel to behave in a certain way.
- influence:** Things that affect the choices and decisions we make.
- ecosystem:** Our actions. The way we behave.
- VIP(s):** Very Important Person(s).
- confidential:** Something that someone is asking us to keep private.



Feeling Pressured

There are many **influences** on the choices we make and although these can be positive, sometimes we may feel **pressured** to make choices that make us feel uncomfortable. It is important we make our own decisions and do not feel **pressured** by others. If we experience **pressure**, it can help to remember the **pressure** we are feeling isn't our fault, to think about how we can get out of the situation that is making us feel **pressured**, to trust our instincts about the situation we are in and if it feels wrong, get to a place we feel safe. It is very important to speak to a trusted adult to get help.



Secrets and Surprises

Sometimes we might be told something in confidence. This means someone is asking us to keep a secret for them. If this is something that we feel comfortable with, it is OK. Sometimes we might be asked to keep a secret that someone will soon find out, and when they do, that person will feel comfortable emotions. If anyone asks us to keep a secret that involves someone being hurt, upset or doing something they shouldn't, it is important to speak to a trusted adult straight away to make sure everyone stays safe and happy. If any secrets we are asked to keep make us feel worried, anxious or uncomfortable emotions, it is important to speak to a trusted adult straight away.

Unhealthy Relationships

Although every relationship has ups and downs, most healthy relationships can be worked on and help the people in the relationship to feel good. If a relationship isn't helping both people to feel good, the relationship may be unhealthy. A relationship may be unhealthy if one person expects too much from the other, if one person is in control of the relationship or of the other person, if someone is made to feel bad about themselves or if one person is jealous of the other. If we notice any relationship we are in, or one of our **VIPs** is in, is unhealthy, it is important to speak to a trusted adult and get help.



Key Learning Point

Showing Love to Our VIPs

Healthy loving relationships should make people in them feel safe, secure and cared for. We should feel respected and valued. There are many ways we can show our love to people we care about, and many ways people who care about us can show their love too. These include:

- **giving each other our time;**
- **valuing our differences;**
- **valuing someone's interests and passions;**
- **compromising when needed;**
- **showing patience;**
- **showing commitment and loyalty to the relationship;**
- **showing kindness;**
- **being honest;**
- **accepting each other's point of view;**
- **showing understanding.**

To look at all the planning resources linked to the **UKS2 VIPs** unit [click here](#)