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| **Key Vocabulary** |
| Child Line | A free, private, and confidential service where children can talk about things that worry them. |
| Communication | Sending and receiving information. |
| Different | Something or someone who is not the same. |
| Excluded | To stop someone or something from being part of something. |
| Face-To-Face | In person. |
| Friendships | Good friends are reliable, so keep your promises and do what you'll say you'll do. Good friends are there when someone's happy and sad. Good friends bring out the best in other people. Good friends stick together no matter what. |
| Lonely | Being alone when you do not want to be. |
| NSPCC | National Society for the Prevention of Cruelty to Children is a charity that supports children |
| Online Support | Helping someone when they are on the internet |
| Positive | Being happy and good |
| Safe-Hand People | The people we can talk to if we feel sad, lonely, worried or just need to talk to someone. We should have people to talk to at home or at school. |
| Uncomfortable | Something that you do not feel happy or safe about. |
| Unsafe | Not feeling or being safe |
| Variety | Different things |
| Well-Being | about how we are doing and how we feel about our lives. |

As we grow and change it can change our friendships.

It is good to have more than one friend so that you have lots of people to play with, so you can learn new things from other people and for lots of other reasons.

If you only ever play with one person, you may fall out or if they are not in school you may be lonely.

Having more than one best friend is good!

I know that friendships can change over time and that it is good to have different friends.

I understand the risks of communicating online with people I have never met.

I know how to – and who to go to – to get help if I am feeling lonely or excluded.

I can recognise if a friendship (online or offline) is making me feel unsafe or uncomfortable.

I understand the importance of friendships and know some ways I can build positive friendships.

I know that positive friendships support wellbeing.

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| I know that online friendships have the same rules as face-to-face friendships.I understand that “knowing someone online” is different from knowing someone face-to-face.  |

Rules of friendship are the same as before.

Can we be sure if someone is who they say they are?



Our hand people can help us if we feel lonely, sad of excluded.









Families and friends