



Be the best that we can be.

EBJ Knowledge Organiser PSHE Year 5

Autumn

Families and Relationships



Families and Relationships

Families and **relationships** are an important part of everyone's life. A family is a group of people who care for each other. Families can look different for everyone — some children live with their mum and dad, some with one parent, some with grandparents or carers, and some have stepfamilies. What matters most is that family members **support** one another, show **kindness**, and make each other feel **safe** and **loved**.

Friendships are also a big part of growing up. A good friend is someone who **listens**, **shares**, and treats you with **respect**. Good friends are honest, kind, and look out for each other. They don't always have to agree on everything, but they try to understand each other's feelings. Being a good friend means including others, using kind words, and saying sorry if you've made a mistake.

Bullying

Sometimes, people might experience unkind behaviour or 'bullying'. Bullying is when someone repeatedly hurts another person on purpose, either with words or actions. If you or someone you know is being bullied, it's important not to keep it a secret. You can talk to a trusted adult, like a parent, teacher, teaching assistant, or another grown-up at school. Friends can also help by offering support and standing up for someone who is being treated unfairly.

Remember, everyone deserves to feel safe, respected, and valued —at home, at school, and in their friendships.



Problems in friendships can be overcome and sometimes the friendship can be stronger afterwards.



People can decide if they want to get married or not.



Sometimes families experience problems and there are people who can help.



If we are worried about something which is happening to us or a friend, we should talk to an adult we trust.

Getting Help!

Talk to an adult you trust! This could be:

- Someone at school – teacher
- Someone at home- parent or sibling
- Another relative- grandparent, aunty/uncle
- Someone at a club or organisation you attend

Contact: Childline
www.childline.org | 0800 1111
 Calls DO NOT show on the phone bill

Key Vocabulary

Attributes
 Bystander
 Bullying
 Cyberbullying
 Marriage
 Secret
 Wedding



