







 Be the best that we can be. 	<b>EBJ Knowledge Organiser</b> <b>PSHE</b> <b>Year 5</b>	<b>Autumn</b> <b>Families and Relationships</b> 
<b>Families and Relationships</b>	<b>Key facts</b>	
<p><b>Families</b> and <b>relationships</b> 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 <b>support</b> one another, show <b>kindness</b>, and make each other feel <b>safe</b> and <b>loved</b>.</p> <p><b>Friendships</b> are also a big part of growing up. A good friend is someone who <b>listens</b>, <b>shares</b>, and treats you with <b>respect</b>. 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.</p>	<div data-bbox="863 369 1193 600">  <p>Problems in friendships can be overcome and sometimes the friendship can be stronger afterwards.</p> </div> <div data-bbox="863 611 1173 943">  <p>People can decide if they want to get married or not.</p> </div> <div data-bbox="1185 611 1501 943">  <p>Everyone is different and it is important to recognise our positive attributes.</p> </div>	
<b>Bullying</b>	<div data-bbox="863 967 1173 1305">  <p>Sometimes families experience problems and there are people who can help.</p> </div> <div data-bbox="1185 967 1501 1305">  <p>If we are worried about something which is happening to us or a friend, we should talk to an adult we trust.</p> </div>	
<b>Getting Help!</b>	<b>Key Vocabulary</b>	
<p>Talk to an adult you trust! This could be:</p> <ul style="list-style-type: none"> <li>- Someone at school – teacher</li> <li>- Someone at home- parent or sibling</li> <li>- Another relative- grandparent, aunty/uncle</li> <li>- Someone at a club or organisation you attend</li> </ul> <div data-bbox="145 1749 842 1901"> <p><b>Contact: Childline</b>  <b>www.childline.org   0800 1111</b>  <b>Calls DO NOT show on the phone bill</b></p> </div> 	<p>Attributes  Bystander  Bullying  Cyberbullying  Marriage  Secret  Wedding</p> 