



## and safe

### Lesson 1

**Title:** The value of friendships / managing peer pressure

**Learning objectives:**

- To consider the value of views and contributions of others.
- To understand the value of friendships
- To recognise that in friendship groups, all people have equal status but offer different qualities.
- To know that we can work together to achieve simple goals and targets.
- To show care for others as well as for themselves.
- To be able to ask topical questions.

### Lesson 2

**Title:**

**Learning objectives:**

- To become more aware of how to strengthen peer relationships.
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### Lesson 3

**Title:**

**Learning objective:**

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### Lesson 4

**Title:**

Continued





## and safe (continued)

### Lesson 5

**Title:** Mental well-being  
Building resilience in relationships

**Learning objectives:**

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- mental and emotional health.
- To understand how to build resilience.

### Lesson 6

**Title:**

**Learning objectives:**

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- move into adulthood
- challenge them