

Relationships | Be Yourself

Key Knowledge

Being Ourselves

It is important to show self-**respect** by staying true to ourselves when we share our **opinions** and ideas. If we are among people who share a different view from ours, we may experience pressure to say or behave in a certain way to fit in. However, sharing our own differing views and **opinions** in kind, **respectful** ways allows us to maintain our self-identity and demonstrate the ways we are all **unique**. This is part of what makes the world an exciting place and should be **respected** and celebrated.



Sharing Our Feelings

We each experience many different things each day and will feel differently from others about these. Some of the things we experience will make us feel **comfortable emotions** and some may make us feel **uncomfortable emotions**. By understanding what **feelings** we are experiencing, we can express these to other people. It is important to do this so we know how to help each other. This can also help to develop our positive, healthy relationships. In positive and healthy relationships, people listen to each other, care for each other, ask each other questions to learn more and think about what helps others. It is important to share how we are feeling with others to support our mental health and wellbeing.

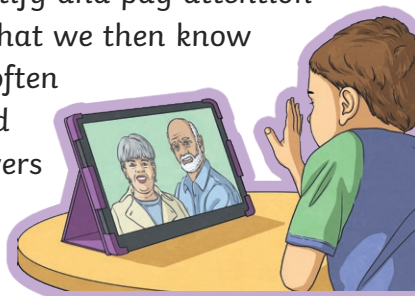
Key Vocabulary

| | |
|----------------------------|---|
| unique: | The quality of being individual and unlike anything else. |
| opinion: | The way we feel and the ideas we share about certain issues. |
| belonging: | Feeling like we are part of a group or shared understanding. |
| respect: | A way of treating or thinking about someone that shows they are important and they are valued. |
| individuality: | Special features about us, who we are and the fact that we are special and unique . |
| feelings: | Emotions we experience about things that are happening. |
| emotions: | The way we feel about things that are happening. |
| uncomfortable: | Something we feel isn't OK or that makes us feel unsettled. |
| comfortable: | Something that we feel is OK or that helps us to feel settled. |
| confidence: | Feeling good about ourselves or something we are doing. |
| setbacks: | When something doesn't go as we had planned. |
| perceived failures: | When we feel that we have not done as well as we had hoped we would. |
| peer pressure: | The pressure people can feel to behave in a certain way because their friends or people they spend time with expect it. |
| tricky situations: | A situation which makes us feel uncomfortable or pressured to do something that we feel is not right. |



Getting Support

We each experience a large range of **emotions** and some of these will be **comfortable** whereas some will be **uncomfortable**. To manage our **feelings** it is helpful if we can understand and name what we are feeling. To do this, we must be able to identify and pay attention to our different **emotions**. It is important that we then know how to get the support we need. This will often involve talking to people we care about and explaining how we are feeling. This empowers us and supports our positive mental health and wellbeing.



Making It Right

We all make mistakes and deal with them differently. This is OK. When we make a mistake, it can help to acknowledge what has gone wrong and apologise or speak to people involved. This means we can process any **uncomfortable emotions** about the situation rather than letting them build up and worry us more. This helps us to move forward positively. If we continue to experience uncomfortable emotions after the situation has been resolved, we may be experiencing unhelpful thoughts and these may affect our mental wellbeing. It is important to speak to a trusted adult if anything worries us.

Confidence In Ourselves

Sometimes we might feel nervous, shy or worried about something. All these **emotions** are natural and normal. Everyone experiences them at some point. By recognising these **feelings**, we can understand how we can respond to them and get help from people around us. To support ourselves in responding to these **emotions**, we can address our worries and concerns and challenge how important they are; we can focus on the positive outcome of a situation rather than the nerves we are experiencing, and we can share our thoughts and **feelings** with those around us.



Making Good Choices

It is important to make choices that we are **comfortable** with and not to feel pressured in **tricky situations**. We can do this by identifying when we feel a situation makes us **uncomfortable** and doing what we feel is right. To do this, we might need to take ourselves out of the situation that makes us **uncomfortable**, be assertive and explain what choice we are going to make or talk to a trusted adult.

Key Learning Point:

Positive and Healthy Relationships: Feeling a strong sense of self-identity and belief allows us to contribute to positive, healthy relationships. These are relationships where people are valued and **respected** for being themselves and differences are understood and valued. A positive, healthy relationship is one that has:

- mutual **respect**;
- honesty;
- trust;
- loyalty;
- kindness;
- generosity;
- shared interests and experiences; and
- where people are encouraged to be, and are able to be, the best they can.



Disclaimer: This resource is provided for informational and educational purposes only and does not constitute mental health advice. If you require mental health advice, you should contact a suitably qualified professional. You should not rely on the material included within this resource and Twinkl does not accept any responsibility if you do.

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