


Spring Term	Mutual Respect and Relationships; The Environment
<p><b>Mutual Respect</b></p> <p>I can show mutual respect in a range of contexts by:</p> <ul style="list-style-type: none"> <li>• Treating people with courtesy, politeness, and kindness.</li> <li>• Encouraging others to express opinions and ideas.</li> <li>• Listening to what others have to say before expressing your viewpoint.</li> <li>• Using the ideas of others to change or improve work.</li> </ul>	<p><b>Respect:</b> Treating someone with respect means that you interact with them in a way that shows that you care about their well-being and how they feel. It involves kindness and manners.</p> <p><b>Tolerance:</b> People who accept that others have different beliefs and values from their own are tolerant</p> <p><b>Conflict:</b> An argument or disagreement between two or more people.</p> <p><b>Resolution:</b> A solution to a problem</p> <p><b>Echo Chamber:</b> An echo chamber is "an environment where a person only encounters information or opinions that reflect and reinforce his or her own</p> <p><b>Filter Bubble:</b> algorithms on the internet filter your experience to show you things which you are most likely to like or match your opinions.</p>
<p><b>Disagreeing Respectfully</b></p> <p>We are part of many different relationships and within these we will share our opinions with lots of different people. We do not need to always think the same as others. Our opinions on certain topics may be different. When we have an opinion that is different from someone else's, we can share our ideas in a respectful way that acknowledges the other person's view but makes our opinion clear too. We can do this by using kind words and a calm tone and in a way that shows respect for the views of others. It is important to show each other respect, politeness and honesty while valuing the different opinions we each have.</p>	<p><b>Health Family Life:</b> Families are important for children growing up because they give love, security and stability. The characteristics of healthy family life are: commitment to each other, protection and care for children and other family members, spending time together and sharing each other's lives.</p>
<p><b>Unhealthy Relationships</b></p> <p>Although every relationship has ups and downs, most healthy relationships can be worked on and help the people in the relationship to feel good. If a relationship isn't helping both people to feel good, the relationship may be unhealthy. A relationship may be unhealthy if one person expects too much from the other, if one person is in control of the relationship or of the other person, if someone is made to feel bad about themselves or if one person is jealous of the other. If we notice any relationship we are in is unhealthy, it is important to speak to a trusted adult and get help.</p>	<p><b>Healthy Relationships</b></p> <p>Healthy loving relationships should make people in them feel safe, secure and cared for. Boundaries within different relationships should be decided first by what makes us both feel safe. We should feel respected and valued. There are many ways we can show our love to people we care about, and many ways people who care about us can show their love too. These include:</p> <ul style="list-style-type: none"> <li>• giving each other our time;</li> <li>• valuing someone's interests and passions;</li> <li>• showing patience;</li> <li>• showing kindness;</li> <li>• accepting each other's point of view our differences; <ul style="list-style-type: none"> <li>• compromising when needed;</li> </ul> </li> <li>• showing commitment and loyalty to the relationship;</li> <li>• being honest;</li> </ul> <div data-bbox="810 1697 1034 1736"> <p><b>The Environment</b></p> </div> <div data-bbox="810 1765 1420 2087"> <p>Greta Thunberg- Environmental Activist Born January 3, 2003, Stockholm, Sweden. She is a Swedish environmental activist who worked to address the problem of climate change, founding (2018) a movement known as Fridays for Future (also called School Strike for Climate)</p> </div> <div data-bbox="1201 1845 1495 2132">  </div>