

**Theme:** Deepening relational skills, building emotional intelligence, and fostering inclusion through exploration and practice.

### Unit 1: Building Healthy Relationships

- 1.1 Characteristics of Healthy Relationships
- 1.2 Communication Skills
- 1.3 Conflict Resolution
- 1.4 Respect and Empathy
- 1.5 Digital Relationships and Boundaries
- 1.6 Setting Boundaries
- 1.7 Peer Influence and Choices
- 1.8 Role-Playing Relationship Scenarios
- 1.9 Evaluating Relationships
- 1.10 Term Reflection and Feedback

### Unit 2: Navigating Peer Influence

- 2.1 Understanding Peer Influence
- 2.1 Identifying Positive and Negative Influences
- 2.1 Building Confidence in Decision-Making
- 2.1 Handling Peer Pressure
- 2.1 Assertive Communication
- 2.1 Encouraging Positive Peer Dynamics
- 2.1 Managing Social Media Influence
- 2.1 Balancing Independence and Belonging
- 2.1 Reflecting on Peer Dynamics
- 2.1 Term Reflection and Feedback

### Unit 3: Digital Relationships and Boundaries

- 3.1 Understanding Digital Relationships
- 3.2 Setting Digital Boundaries
- 3.3 Balancing Screen Time
- 3.4 Respectful Digital Communication
- 3.5 Managing Online Conflict
- 3.6 Digital Citizenship
- 3.7 Supporting Others Online
- 3.8 Evaluating Digital Relationships
- 3.9 Reflecting on Digital Boundaries
- 3.10 Term Reflection and Feedback

### Unit 4: Strengthening Connections

- 4.1 Deepening Relationships
- 4.2 Practising Empathy
- 4.3 Fostering Inclusivity
- 4.4 Supporting Peers
- 4.5 Acts of Kindness
- 4.6 Strengthening Bonds
- 4.7 Building Trusts
- 4.8 Setting Future Goals
- 4.9 Connections Through Challenges
- 4.10 Term Reflection and Feedback