Year 3 – Me, My Friends and Belonging
Lessons 1–5 Parent Guide

This unit helps children understand friendship, belonging, trust, kindness and healthy relationships through a series of stories and discussions.

Lesson 1: Creating Our Class Agreement

Children learn why rules help everyone feel safe and respected. Activities include creating class ground rules, listening skills and identifying trusted adults. Home discussion: Why are rules important?

Lesson 2: Friendships Change

Tommy and Stefan explore how friendships change over time. Children learn about compromise, communication and managing differences positively.

Lesson 3: Trust, Secrets and Positive Friendships

Using Halina's story, pupils explore trust, safe and unsafe secrets, kindness and when to seek help from a trusted adult.

Lesson 4: Making New Friends

Ruby's story helps children understand loneliness, belonging and ways to support new pupils and build friendships.

Lesson 5: Healthy and Unhealthy Friendships

Benson's story explores peer pressure, standing up for others, positive choices, apologies and recognising healthy friendships.

Key Messages: Friendships should make us feel safe, valued and respected. Friendships can change over time, everyone can feel lonely sometimes, trusted adults can help with worries, and kindness, honesty and respect are at the heart of healthy relationships.