

Vocabulary you will know...

Strategies	A plan of action.
Discrimination	Treating a person or group of people unfairly and differently to other people.
Consequences	Something which happens because of an event or action. This can be positive or negative.
Behaviour	The way you behave and treat one another.
Appropriate	Normal, safe and acceptable behaviour in a situation.
Inappropriate	Abnormal, unsafe and unacceptable behaviour in a situation.
Cyber-bullying	Bullying that takes place on electronic devices like phones, computers and tablets.

Key Questions

- How can we challenge unkind behaviours?
- What is bullying and what types of bullying are there?
- How can we recognise, in our bodies, if someone is making us feel unhappy or uncomfortable?
- Is bullying just about the bully and the victim?
- Who can we ask if we are finding managing our own behaviour difficult?
- What might the consequences of bullying be?
- How can our behaviour affect others?
- What could be the barriers that stop people asking for help?



Key Learning

Recognising the importance of asking for help if you are feeling lonely or left out.

Finding positive strategies that may help to resolve disagreements in friendships.

Recognising if a friendship (online or offline) is making you feel unsafe or uncomfortable.

Understanding how bullying affects us and the consequences of hurtful behaviour.

Knowing what to do if we experience hurtful behaviour.

Discussing what discrimination means and how to challenge it.

How to respond to unwanted touch.

Recognising that our own behaviour can affect other people.

What is Bullying?

A Bully is someone who **hurts** another person, **more than once**, by using **behaviour** which is meant to **scare, hurt** or **upset** that person.

At our school, we use the word **Stop** to identify **bullying**.

It is important to remember that **single problems** and **falling out with friends** are **not bullying**.

Bullying is **behaviour** which is **repeated** on purpose and is meant to **upset** someone.

Several

Times

On

Purpose



In PSHE We Have...

Ground rules

1. We will listen to each other.
2. We won't make fun of anyone.
3. You can 'pass' when answering a question.
4. We will not discuss our personal lives or use names
5. We know we can talk to our teacher or another adult in school if we want to talk or need help.

