

YEAR 3 & 4 PSHE: Anti-Bullying (Cycle A)



What I should already know:

Understand the importance of kind behaviour.
Sharing with my friends is very important.
Know where to get help if I fall out with my friends

By the end of this unit:

- Understand what the term bullying means
- Know the differences between bullying and teasing
- Develop strategies for managing feelings positively and effectively
- Understand what it must be like to be bullied
- Apply assertiveness skills to situations
- Understand the importance of friendship and kind behaviour
- Know where to go to get help if being bullied.
- Know that it is ok to make mistakes

Key Facts at the end of the unit:

- Bullying is when a person is repeatedly hurting you; physically or emotionally.
- Not all teasing is bad - sometimes its playful and helps us bond with our friends.
- Being bullied can make you feel sad, scared, lonely and worried.



Anti-Bullying Charter Information:

Children should:

- Tell somebody they trust and speak out.
- Support each other and offer a listening ear.
- Report any bullying they see or here.
- Treat others like they would like to be treated.
- Remember school advice about bullies when in the community.
- Respect adults dealing with bullying.

Useful Websites:

<https://www.anti-bullyingalliance.org.uk/>

<https://www.bullying.co.uk/>

Vocabulary

Act of Kindness	A gesture of kindness or goodwill without being prompted.
Anti Bullying Charter	A document that can be found in the classroom and on our school website which offers both children and parents support.
Anti Bullying Week	An annual UK event held every year to raise awareness of bullying
Assertiveness Skills	Being able to stand up for your own rights or the rights of others in a calm way.
Bullying	When a person/ group of people are repeatedly hurting you; physically or emotionally.
Cyber Bullying	When a person/ group of people use different technical devices e.g. a computer, mobile phone or APP to say negative things about you on more than one occasion.
Emotional Bullying	When a person/ group of people hurt your feelings over and over again e.g. leaving you out of a game, making your feel bad about yourself etc.
Empathy	The ability to understand and share the feelings of others.
Physical	When a person/ group of people are hurting you with force regularly e.g. hitting, kicking, punching etc.
Unique	Being the only existing one of its type e.g. we are all unique there are no two people who are the same.
Teasing	Trying to make fun of somebody in a playful way.
Verbal Bullying	When a person/ group of people are repeatedly talking negatively about you e.g. making nasty comments or calling your horrible names.