

YEAR 5 & 6 PSHE: Anti-Bullying (Cycle A)



What I should already know:

Define the term Bullying.

Understand the differences between teasing and bullying.

Verbalise a range of emotions associated with being bullied.

By the end of this unit:

- Know why being different can provoke bullying and know why this behaviour is unacceptable
- Know where to go to get help if being bullied..
- Continue to develop strategies to manage feelings positively and effectively.
- Understand the importance of friendship and kind behaviour.
- Understand what it must feel like to be bullied.
- Discuss different types of bullying.

Key Facts at the end of the unit:

- Emotional, verbal, physical and cyber bullying are all different types of bullying.
- Our School Anti Bullying Charter offers support for children and parents.
- It is ok to be unique and different.
- Being assertive in a positive way allows you to challenge a bully.



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

Anti Bullying Charter	A document that can be found in the classroom and on our school website which offers both children and parents support.
Assertiveness Skills	Being able to stand up for your own rights or the rights of others in a calm way.
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.
Disability	A physical or mental condition that limits a person's movements, senses or activities.
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.
Physical Bullying	When a person/ group of people are hurting you with force regularly e.g. hitting, kicking, punching etc.
Race	A person's physical characteristics.
Religion	The belief in or worship of a God or Gods.
Self control	The ability to control your personal emotions especially in difficult situations.
Unique	Being the only existing one of its type e.g. we are all unique there are no two people who are the same.
Verbal Bullying	When a person/ group of people are repeatedly talking negatively about you e.g. making nasty comments or calling your horrible names.
Victim	A person who has been hurt physically or mentally by the actions of others.