



Topic: PSHE

Term: Autumn 2






Year: Unit 4

Duration: 6 weeks

The Powerful Knowledge we will take away from this PSHE Puzzle:

 <p>Knowledge</p>	 <p>Social & Emotional Skills</p>
<p>I will...</p> <ul style="list-style-type: none"> - understand there are different perceptions about what normal means. - understand that everyone has a right to be who they are. - explain some of the ways in which one person or a group can have power over another. - know some of the reasons why people use bullying behaviours. - give examples of people with disabilities who lead amazing lives explain ways in which difference can be a source of conflict and a cause for celebration. 	<p>I will ...</p> <ul style="list-style-type: none"> - empathise with people who are different. - be aware of my attitude towards people who are different to me. - know how it can feel to be excluded or treated badly by being different in some way. - tell you a range of strategies for managing my feelings in bullying situations and for problem-solving when I'm part of one. - appreciate people for who they are.

What I already know: The children will have already explored what racism is and how to be aware of their own feelings towards people from different cultures. They will know how name calling and rumour spreading can contribute to bullying incidents and what they can do to discourage bullying behaviours.

Our Key Vocabulary	Meaning
 <p>bullying</p>	<p>Bullying is repeated unwanted behaviour that involves a real or perceived imbalance of power. Bullying includes actions such as making threats, spreading rumors, physically or verbally attacking someone and deliberately excluding someone on purpose.</p>
 <p>Power Struggle</p>	<p>A power struggle within a relationship is where one person feels the need or seeks to dominate another person. A power struggle is where individuals or groups of people compete for control.</p>
 <p>Disability and Equality Act</p>	<p>It is against the law to treat people unfairly (discriminate) because of their age, gender reassignment, marital status, pregnancy, disability, race or nationality, religion or belief, sex or sexual orientation. These are known as 'protected characteristics' in a legal document called the Equality Act 2010.</p>
 <p>Gender Diversity:</p>	<p>A transgender person may choose to change their name and appearance to match who they feel they are, their identity. Most people identify with the biological sex they are born with and are happy to use male and female gender pro-nouns (he, him, his/she, her, hers). If someone does not identify as either a boy or a girl, whether they have male or female genitals/private parts, they don't feel like a boy or a girl, they may refer to themselves as non-binary. In addition, people who don't feel comfortable using male or female pronouns can adopt the gender-neutral pronouns - they, them, their and theirs.</p>
<p>Harassment</p>	<p>Harassment is unwanted behaviour which is intended to trouble, insult, annoy, upset, embarrass or make a judgmental comment about a protected characteristic.</p>
 <p>Perseverance</p>	<p>Perseverance is to keep trying something, even if it feels difficult or seems to take a long time to achieve success.</p>



Family Talk Time Learning:

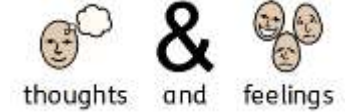
- What is prejudice and discrimination, can you give an example?
- Why is there an Equality Act in the UK? Who does it protect and why?
- What does 'normal' mean to me?
- What role does power play in a bullying situation? Who has the power and why?
- Why do some people choose to bully?
- Can difference be a source of celebration? Can you give an example?
- How does being able to do 'Calm me' time help you regulate your emotions?

Texts that Teach:



Personal reflections: Ask and tell yourself...

How do I challenge racism, discrimination, and bullying?



<https://youtu.be/0Rgfh073BxM>

Mindfulness Activities to try:



Practice sitting still and quiet and focus your mind on your breath. Breathe in through your nose and out through your mouth for counts of 4.