





Topic: PSHE

Term: Autumn 2












Year: Unit 3

Duration: 6 weeks

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

 Knowledge	 &  and  Social and Emotional Skills
<p>I will...</p> <ul style="list-style-type: none"> Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do Know that conflict is a normal part of relationships Know that some words are used in hurtful ways and that this can have consequences Know why families are important Know that everybody's family is different Know that sometimes family members don't get along and some reasons for this. 	<p>I will ...</p> <ul style="list-style-type: none"> Use the 'Solve it together' technique to calm and resolve conflicts with friends and family Be able to 'problem-solve' a bullying situation get support if necessary Be able to show appreciation for our families Empathise with people who are or have or are experience bullying Employ skills to support someone who is bullied Be able to recognise, accept and give compliments Recognise feelings associated with receiving a compliment.

What I already know: You will have already thought about how to identify similarities and differences between yourself and others. You will have practiced making new friends and experienced how it feels to be included. You will have started to recognise what bullying is and what you can do to prevent it.

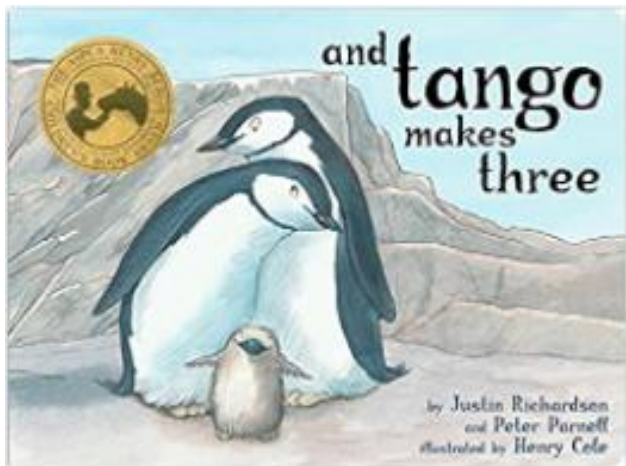
Our Key Vocabulary	Meaning
 assumptions  judgement	<p>Assumptions are thoughts or something that is believed to be true or probably true but that is not known to be true: something that is assumed.</p> <p>Judgement is the act of forming an opinion or decision based on careful thought.</p>
 influence  opinion	<p>Influence is the power to have an effect on people or things.</p> <p>Opinions are a view or judgement formed about something, not necessarily based on fact or knowledge.</p> <p>Attitude is a feeling or opinion about something or someone, or a way of behaving that is caused by your thoughts or feelings.</p>
 attitude  secret	<p>Secrets are knowledge or information that is not known, seen or deliberately kept away from others.</p> <p>Deliberate means that something has been said or done intentionally and with careful thought.</p>
 secret  deliberate	<p>A Bystander is a person who is present at an event but does not take part.</p> <p>A Witness is a person who has knowledge of something that has happened based on what they have seen or experienced.</p> <p>Problem Solving is the process of identifying a problem and the impact it has on something or some, then to plan what to improve the situation and finally do what has been agreed.</p>
 on  purpose	<p>Bullying is repeated unwanted behaviour that involves a real or perceived imbalance of power. Bullying includes actions such as making threats, spreading rumours, physically or verbally attacking someone and deliberately excluding someone on purpose.</p>
 bullying	<p>Cyber bullying is the use of technology to threaten or send bullying messages.</p> <p>Website troll is a person who intentionally posts comments or information that is intended to upset, offend or anger others.</p>



Family Talk Time Learning:

- What is the 'Solve it together' technique? How can it help solve a disagreement between two people?
- What is a bystander in a bullying situation? (A bystander is a witness not directly involved).
- How could a bystander make a bullying situation worse or better?
- What types of bullying do you know about?
- Where can someone get help if they were being bullied or witnessed bullying?
- How does it feel to give and receive a compliment?
- Can you explain how Calm Me time makes you feel?

Texts that Teach:



These lessons contain materials that challenge homophobic language and bullying, specifically with regard to the incorrect use of the word 'gay'.

We will learn that to use the word 'gay' in a derogatory way is seen as homophobic and as such is completely unacceptable.

Personal reflections: Ask and tell yourself...

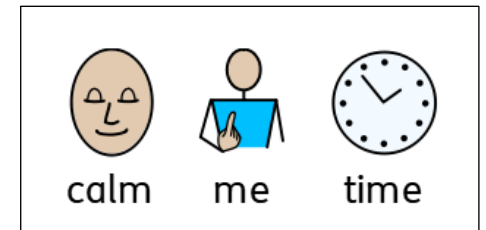
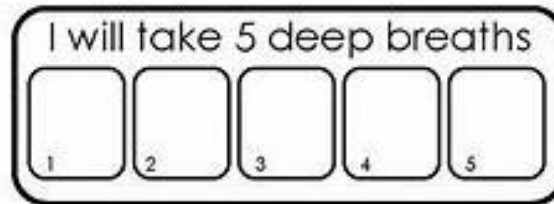


Solve it together:

What is the problem or conflict? Who is affected? Can it be solved? What could everyone do to solve the problem?

[Anti-Bullying Week 2021: One Kind Word - official Primary School film - YouTube](#)

Mindfulness Activities to try:



Practice sitting quietly and count up to 5 when you breath in and count up to 6 when you breath out.