

What should I already know?

- What to do if someone is unkind to me.
- What a good friend is and how I can be one.
- How I can try to mend friendships which have become difficult.
- How rules keep us all happy and safe.

Key Knowledge and skills gained

- To be able to understand what teasing and unkindness looks like.
- To suggest ways, we can try to resolve conflict between friends.
- To understand bullying can happen in person and online.
- To know what to do if someone is unkind online.
- To be able to describe bullying and recognise examples of it.
- To know bullying can happen when people do not respect others differences.
- To know who to talk to in and out of school about friendship difficulties and bullying.

Key Vocabulary and definitions

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Falling out	An argument or disagreement.
Cooling off	Time given to stop feeling angry after an argument.
Bullying	When someone is unkind to someone else several times on purpose.
Internet	A world-wide network of computers which provide information and connect people.
Kind	To have a good attitude towards another person.
Unkind	To be inconsiderate towards others.
Tolerance	To accept that others may have different opinions or behaviour which you disagree with.
Respect	To have regard for the feelings, wishes and rights of others.
Differences	A way in which people or things are dissimilar.
Support	To help someone with something.
Trust	To believe that someone is reliable, truthful and able.
Responsible	Being accountable for your own behaviour.

Character Muscles that will be covered during the Summer Term.

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Responsibility	Responsibility can be: <ul style="list-style-type: none"> • something you are expected to do • doing the things that you are supposed to do • accepting responsibility, such as taking the praise or the blame for something that you have done.
Good humour	Being able to laugh and joke.
Risk-taking	There are 'positive' risks and 'negative' risks.
Optimism	When you feel hopeful and positive
Self-esteem	How you think and feel about yourself