

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 |