

**Key Vocabulary**

| | |
|-----------------------|-----------------------------------------------------------|
| Assertive | Having and showing confidence respectfully |
| confident | Feeling sure of yourself and your abilities |
| Coping | Avoid, remove or lessen a stressful situation |
| physical abuse | Where someone hurts you on purpose |
| Verbal abuse | Made to feel worthless, alone or scared |
| mutual | Both feeling the same way |
| secure | Confident and free from worry |
| loyalty | Keeping promises and standing up for people we care about |
| dispute | An argument |

Key Questions

1. What does collaboration look like?
2. When do I need to compromise?
3. How do I build a friendship?
4. What is an unhealthy relationship?
5. Can I cope?
6. How can I be assertive?

Challenge

A friend is asking you to go and play somewhere where you know you're not allowed to go as it is not safe. What do you say and do?

Prior Learning – sticky Knowledge I have.

To work collaboratively means to work together and be aware of what the other person is doing and what help they need. Just because we're friends with someone, it doesn't mean that we'll always want to do the same things but friends should try to negotiate with each other and we have a responsibility to try to be respectful and kind. When communicating online, people might not consider the other person's reaction as much as if it was face-to-face. Being assertive is saying no or disagreeing with someone in a respectful way. Most of the time people feel positive feelings but occasionally we might feel some of the less good feelings. If we can communicate what we feel clearly to someone who could help us they will be able to empathise and offer support more easily. People can have different feelings in the same situation. We can experience more than one feeling at the same time. When we 'read' someone's feelings from their body language, it helps us to help them or respond in an appropriate way. Being unkind is when someone says something that is not nice, or hurtful as a one off. Teasing is when someone makes fun of or jokes about someone as a one off. Bullying is when someone is repeatedly and deliberately unkind or hurtful to another person.

What I will learn – new sticky knowledge.

1. Collaboration means working together to achieve a goal. Effective collaboration includes listening, sharing ideas, supporting and encouraging each other.
2. Negotiation means to *discuss an issue to reach an agreement*. Compromise means to *settle a dispute by reaching an agreement in which each person or group gives up something that was wanted in order to end an argument or dispute*. Being a good friend doesn't always mean saying 'yes'.
3. Friendships are important in making us feel happy and secure. Effective characteristics of friendships, include mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, sharing interests and experiences and support with problems and difficulties.
4. Unhealthy relationships could include lies, broken promises, feeling unsafe, physical abuse, telling someone they are stupid all the time, verbal abuse, being neglected, uncomfortable touching or excluding someone. If you are in an unhealthy relationship, tell a trusted adult or contact support services like child line.
5. Emotions are a way our mind and body reacts to the world around us. Positive coping strategies might be speaking to somebody about how you're feeling or writing down your worries.
6. When someone is being assertive they are standing firm but doing it in a friendly and respectful way so as not to upset the other person. Body language when being assertive includes: Standing firm, Looking confident, Looking relaxed and open body language.

**Being Assertive**

1. Say how you feel
"I feel annoyed"
 2. Describe what has happened
"When you..."
 3. Say what you need
"I need..."
"I would like..."
- You are being assertive!**

Friendship

**Key Vocabulary**

| | |
|----------------------|------------------------------------------------------|
| qualities | Positive parts of your personality and skills |
| determination | Never giving up no matter what |
| commitment | Doing what needs to be done regardless of your mood |
| setbacks | A temporary defeat |
| considerate | Thoughtful of the rights and feelings of others |
| resilience | Bounce back after challenges of tough times |
| patience | Wait for something without getting upset |
| bacteria | Small living things. The human body is full of them. |
| versatility | Able to do many different things |

Key Questions

1. How can we stay healthy?
2. Are we born with talent?
3. What is a community?
4. Do responsibilities change?
5. What are my qualities?
6. How do I help someone who is bleeding?

Challenge

What are the benefits of belonging to the school community?

Prior Learning – sticky Knowledge I have.

Sometimes we like joining with things that others want to do but sometimes we don't want to join in with them. Sometimes we have to make a compromise. There are times when we will make the same choices as our friends and times when we will choose differently. Regular exercise, a healthy, balanced diet, fresh air, regular sleep and avoiding too much time spent online/screen time keeps us healthy. It's recommended that young people aged 5-18 do at least one hour of physical activity every day. We can help to look after the environment following the 7rs – refuse, reduce, reuse, recycle, rot, repair and rethink. Studies have shown that people who have a strong sense of belonging to a community can be happier and even healthier than those who don't. Someone may have broken a bone if they have fallen or been hit by something. They may be in a lot of pain. They could have swelling and bruising or be in a strange position. Keep it still and tell an adult.

What I will learn – new sticky knowledge.

1. There are over 200 bones and over 600 muscles in the human body. To keep healthy our body needs regular exercise, a healthy balanced diet; water to keep it hydrated; fresh air and enough sleep.
2. Talent is grown and that most skills comes from a person working hard at something, from practising it over and over again. Most success comes from a lot of practise, rather than having a 'natural talent'. Determination, commitment, patience, resilience will most likely be needed and that setbacks need to be viewed positively.
3. Community is *people living in one area' or 'a group with similar interests.*
4. With increased independence comes greater responsibility. Until we reach adulthood our trusted adults have a responsibility to keep us safe and ensure our needs are met.
5. As well as physical qualities there are lots of *personal* qualities that people have such as being Generous, Thoughtful, Kind, Caring, Helpful, Considerate etc.
6. If someone is bleeding a lot, there will be too much blood for a plaster. Press hard on the bleed using something like a towel, T-shirt or even just your hand. Tell an adult and call 999.

1. 250 miles per hour
2. Approx. 100 billion
3. Approx. 35 million
4. Approx 12,000 miles (the distance from here to Australia)
5. Half way to the moon
6. Approx. 100,000

-
- a) The total length of all the blood vessels in one human being
 - b) The number of times the heart beats every day
 - c) The approximate speed of messages travelling through the nerves
 - d) The number of brain cells in one human brain
 - e) The number of times the heart beats every year
 - f) The distance the blood travels in one day



**Key Vocabulary**

| | |
|-------------------------|---------------------------------------------------------------|
| discrimination | Unfair treatment of a person or group |
| multicultural | Many different cultures existing together |
| racism | Discrimination or abuse towards someone because of their race |
| conflict | A challenge to what you believe |
| acceptance | Accepting others for who they are despite differences |
| injustice | Unfairness. Removing people's rights |
| false impression | An untrue reflection of a person or situation |
| excluded | To leave out |

Key Questions

1. What makes a good friend?
2. How can we communicate well?
3. What is discrimination?
4. What different groups make up the UK?
5. Is it true?
6. What is a stereotype?

Challenge

How can we challenge discrimination?

Prior Learning – sticky Knowledge I have.

We can manage conflict or differences through use of negotiation and compromise. Aggressive behaviour is unacceptable and there are consequences for acting aggressively. Everyone has something that makes them special and we should respect these qualities. We have different types of relationships and these affect the way we behave with people. We might share more with our special people than acquaintances. We should respect personal space. If someone is touching us in a way that makes us feel uncomfortable then we should tell a trusted adult. Tolerance means accepting that people have cultures and beliefs that may be different to their own and showing them respect.

What I will learn – new sticky knowledge.

1. Some people have a small group of close friends. Others seem to have many friends. We cannot force people to be friends with us. Friendships need to be looked after so that they can grow, change and develop. Friendships end when they no longer make us feel happy and valued.
2. In conversation we should be active listeners, demonstrate respect and respond appropriately to be a good communicator.
3. People can be discriminated against for their race, physical characteristics, religion, beliefs, age or gender. Discrimination is an injustice and should always be challenged.
4. Different groups make up our school and local community. There are many groups in the UK creating a diverse, multicultural society. Diversity brings together people with different qualities to help benefit all.
5. Everything we see or read online is not necessarily true and it is important to validate sources. People posting online choose how to present themselves and this may not be a true reflection of who they are. Too much time online can have a negative impact on mental health.
6. A stereotype suggests characteristics of one person apply to a whole group. Stereotypes can negatively influence our behaviours and attitudes towards others and should be challenged. Stereotypes can lead to prejudiced views and bullying.

FakeBook

@natalie_123 1 hour ago



126 friends



47



I love to party

9 other comments

**Discrimination**

di. skrimɪˈneɪʃ(ə)n

noun

intolerance of or unreasonable conduct towards certain groups of society, especially regarding their race, age, or sex.



We are international learners

**Key Vocabulary**

| | |
|----------------------|-------------------------------------------------------------------------------|
| bystander | Someone who sees something wrong and doesn't act |
| cyberbullying | use of the internet, mobile phone or other technology to bully another person |
| abusive | Hurtful or unfair language |
| block | Stop people seeing your posts |
| dilemma | A difficult choice |
| vaping | inhaling nicotine into the lungs |
| addictive | Hard to give up even though harmful |
| lobbying | a group tries to persuade someone in Parliament to support a policy |
| Peer pressure | feeling like you have to do something because people around you want you to |

Key Questions

1. What is cyberbullying?
2. What are the risks of the internet?
3. What is peer pressure?
4. Why do people give dares?
5. What is vaping?
6. What are the risks of smoking or vaping?

Challenge

A friend tells you not to be friends anymore with one of your other friends. What will you do?

Prior Learning – sticky Knowledge I have.

A Danger will definitely cause harm, a hazard could cause harm and a risk is an action which is taken in a hazardous situation. A dare is when someone asks you to do something risky. When feeling unsafe we should listen to our feelings and tell a trusted adult or friend, or just say no. Pictures posted online and on social media can be copied and shared without your permission. Medicines have labels that explain how to take the medicine and the correct dose to avoid misuse. Labels tell us what drugs are used and potential risks. Never share personal information online. Do not accept friend requests from people that you do not know. When unsure, check with a trusted adult.

What I will learn – new sticky knowledge.

1. Cyberbullying is the use of the internet, mobile phone or other technology to bully another person by sending abusive messages, sending embarrassing photos and excluding others.
2. Risks on the internet are misinformation, too much screen time impacting healthy life style, cyberbullying and contact with dangerous people. Never share personal information, talk with strangers. Always use passwords.
3. Peer pressure means feeling like you have to do something because people around you want you to or expect you to. It might be to make someone else happy or to fit in with a new group.
4. Sometimes dares can encourage us to be brave or have fun. Sometimes they are for other people's fun. Real friends would not ask you to do anything that made you feel uncomfortable
5. Liquid nicotine, in different flavours, is heated to produce a vapour that people inhale but the risks are not yet fully known.
6. Health risks associated with smoking include heart disease, lung cancer, stroke and asthma. Recent research indicates that vaping can affect a person's cells within their immune system and cause lung disease.



We are aspirational leaders

**Key Vocabulary**

| | |
|-----------------|---------------------------------------------|
| validate | Check information is correct |
| source | Work that gives information |
| perceive | The point of view you see something from |
| biased | Preference for one side |
| opposing | Opposite view |
| entitled | You have the right to |
| borrower | Someone lending money |
| loan | Money given that must be paid back |
| interest | An additional fee to be paid back on a loan |

Key Questions

1. How can I be sure research is accurate?
2. Do we interpret facts in the same way?
3. Do volunteers make a difference?
4. What are rights?
5. What will I buy?
6. What is interest?

Challenge

How can you spend wisely?

Prior Learning – sticky Knowledge I have.

Different people in our community help us to be safe and/or healthy, but that we also have our own duties to help them and to help ourselves. The United Nations is an organisation made up of countries that want to work together in a peaceful way in the world. The UN has an agreed list of rights for children and why we have laws in this country that protect children's rights. At school we can express our views through the school council. This is called pupil voice. Reports in the media can influence the way we think about a topic. The behaviour of bystanders has a huge impact on the outcome of bullying behaviour, whether they are passive (do nothing when witnessing the behaviour) or active (stick up for the person being bullied). Money is deducted from pay for taxes. Taxes help to provide services that people need and rely on Income Tax is money which is used to pay for public services like hospitals, police, education and libraries. National Insurance is money which is used to pay for state pension and other benefits.

What I will learn – new sticky knowledge.

1. When using the internet for research it is important to validate sources to be sure content is accurate.
2. There are facts but everyone will have a certain opinion about something which means that they will perceive or view the facts in different ways. A biased report would be one which expressed a certain opinion or point of view and ignored or criticised the opposing view. An unbiased report would give opposing points of view equal 'weight' without expressing a clear opinion way or another.
3. Voluntary, community and pressure (or action) groups work together in order to make a bigger difference or change to something in the wider community.
4. Rights are something people should be allowed to have or are entitled to. Respect is understanding and taking notice of the rights, needs and wishes of other people or things. Duties are what we should or must do in order to look after something.
5. There are lots of things that influence us when we make decisions about buying items.
6. The borrower needs to have very good reasons for wanting to borrow the money and the lender needs to feel confident about lending the money. Interest in terms of loans refers to an additional charge a company (bank, credit card company, etc.) makes for lending the money. The longer it takes to repay the loan the more interest is charged.

What Is Bias?

Bias is a preference for or against a particular person or thing, usually in a way that is close-minded and seemingly unfair or without reason.

To better understand bias, we need to understand a few other terms as well:

Perspective is the point of view from which someone sees and describes an event. It is your own point of view and understanding of something through your individual thoughts and logic.

Risks of Borrowing

Risks:

- you may have an unaffordable debt;
- you may not be able to borrow again if you do not repay your debts.

Borrowing with Interest

Banks and other lending providers make money from other people borrowing money. They do this by charging a fee commonly known as interest.



**Key Vocabulary**

| | |
|---------------------|-----------------------------------------------------------------------------------|
| confidential | Information that should be kept private |
| puberty | Change from a child's body to an adult's body one that is capable of reproduction |
| penis | Male reproductive organ |
| vulva | External part of female genitals |
| vagina | The opening of reproductive part of the female body |
| testicles | Found below penis. Where sperm is produced. |
| breasts | Female body part. Produces milk for a baby |
| Pubic hair | Hair which grows around the genitals |
| Optimism | Seeing the positive side |

Key Questions

1. How do we build resilience?
2. How do I listen to my body?
3. What is confidentiality?
4. What is fostering?
5. What is puberty?

Challenge

How can you manage your feelings during puberty?

Prior Learning – sticky Knowledge I have.

Some changes can be challenging and are sometimes changes we do not choose but happen. As young people get older they will want to be more independent, spend time with friends, work out how they are going to be as an adult and this can lead to conflict with their family. It is important to talk to parents/carers/trusted adults as they can help us to work out the best thing to do and be willing to compromise. Secrets can either make us feel safe and happy or unsafe and uncomfortable, 'safe secrets' and 'unsafe secrets'. Childline 0800 1111. Volunteering not only helps other people in our community, but also benefits the volunteer by helping them to feel part of the community, raising their sense of self-worth and encouraging wellbeing. Meeting challenges often involves hurdles. By showing resilience and a positive attitudes we can tackle these hurdles and reach our goals.

What I will learn – new sticky knowledge.

1. Resilience is the ability to bounce back after challenges and tough times. We develop this by having a strong sense of their self-worth and learning from experiences that are difficult but getting through it.
2. Our body can give us lots of clues about how our mind is feeling. It's really helpful if we can notice these signals so that we can do something to help our mind and body cope better. PANTS stands for **P**rivates are private, **A**lways remember your body belongs to you, **N**o means no, **T**alk about secrets that upset you and **S**peak up, someone can help.
3. Sometimes we want personal information to be confidential, such as discussing medical issues with a doctor or test scores with a teacher. Confidences should always be broken if it is to keep someone safe.
4. During the 19th century, if a mother had a baby and was not married to a partner who could support her, she had a difficulty. In such a situation, mothers in London sometimes gave up their young babies to a place called the Foundling Hospital. When we leave someone or something that is very dear to us, we can experience strong feelings.
5. Explain that puberty is the process by which our bodies change from a child's to an adult's so that if they want to, they are able to have a baby.
6. Moving on up week. Meeting my new teacher and finding out about year 6.

Resilience

Being resilient means being able to cope when things get tough.

Anyone can learn to become more resilient!



Having people we trust around to support us helps us cope in difficult times.

Practising problem-solving means we are better at it in a crisis.

Looking for the good in a situation and being optimistic is a great way to cope.

Try to understand your emotions and don't be afraid to show them.



You are in control of your thoughts, feelings and actions!



We are aspirational leaders