

**Key Vocabulary**

negotiation	Discussion aimed at reaching an agreement
compromise	Settle a dispute by mutual concession
De-personalise	Not taking situations or comments personally
criticism	Showing disapproval for something or someone
guilty	Unhappy feeling when you know you have done something wrong
reinforce	Positivity or praise for right actions
persuade	To make someone do or believe something
assertive	Stand up for yourself in a respectful manner
secure	To feel safe
Peer pressure	Feeling like you have to do something because of people around you expect you to.

Key Questions

1. Why is collaboration important?
2. Can I compromise?
3. Can I maintain friendships?
4. Can I respond appropriately?
5. Can I be assertive?
6. Can I resist peer pressure?

Challenge

Draw and write things which would show someone being *assertive*.

Prior Learning – sticky Knowledge I have.

Effective collaboration includes listening, sharing ideas, supporting and encouraging each other. 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'. 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. 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. 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. 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.

What I will learn – new sticky knowledge.

1. Teamwork, communication and negotiation skills are key aspects of collaboration and are useful when working in many careers.
2. Negotiation is a discussion aimed at reaching an agreement. *Compromise means to settle a dispute by reaching an agreement*
3. Friendships are important in making us feel happy and secure but they need to be maintained and problems need to be addressed by being assertive and respectful. Effective characteristics of friendships, include mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.
4. The more sensitive and thoughtful approach to conflict resolution, the more positive the results.
5. When someone is being assertive they are standing firm but doing it in a friendly and respectful way by standing firm, speaking clearly, being friendly and polite, staying calm, looking confident, being willing to negotiate, giving eye contact and being relaxed.
6. Most people, at some point, have felt under pressure to do something dangerous or unhealthy. We can overcome peer pressure by being assertive.



This is when we stand up for ourselves and try our best to find a solution that everyone feels OK with.

We say how we feel,
we stand up for ourselves
and we are honest
without hurting
people's feelings.

**Two Types of Peer Pressure**

POSITIVE
Positive peer pressure is when a peer, or a group of your peers, try to convince you to do the right thing or something good/helpful.



NEGATIVE
Negative peer pressure is when a peer, or a group of your peers, try to convince you to do the wrong thing or something bad/hurtful.



We are Aspirational Leaders

**Key Vocabulary**

debate	A discussion with two or more different sides
topical	Important in the moment
risk	action which may have negative consequences but also some possible benefits
outweigh	To be of greater importance
Sepsis	Blood poisoning
amputation	Removal of part of the body
Immune system	Body's protection from germs, viruses and bacteria
connect	Join together
talent	above average abilities
overreact	To respond to something with too much emotion

Key Questions

1. How do we nurture talent?
2. What makes for a good decision?
3. What's the risk?
4. Is it worth the risk?
5. What is Sepsis?
6. What are the 5 ways to wellbeing?

Challenge

What are the positives of taking a risk?

Prior Learning – sticky Knowledge I have.

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. Talent is grown. 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. Community is people living in one area' or 'a group with similar interests. 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. As well as physical qualities there are lots of *personal* qualities that people have such as being Thoughtful, Kind, Caring, Helpful, Considerate. 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.

What I will learn – new sticky knowledge.

1. 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.
2. It is helpful to debate topical issues to solve problems and make life better for all. Decisions should be best on factual research and works best when there is collaboration of people with differing ideas.
3. Risk is an action which may have negative consequences but also some possible benefits. If someone decides that the benefits outweigh the negatives they may decide to take a risk, if they decide the negatives outweigh the benefits they may decide not to take a risk.
4. Everyone has to make choices, and that the more aware we are of the possible risks, the more able we are to make choices that keep us safe.
5. Sepsis is sometimes called septicaemia or blood poisoning. It happens when your immune system overreacts to an infection and starts to damage your body's own tissues and organs. 48,000 people die from sepsis - about 130 per day. 60,000 suffer permanent, life-changing after-effects, including amputations
6. The 5 ways to wellbeing are: Connect, Be Active, Take Notice, Keep Learning, Give.

Positive Risks and Negative Risks**Positive Risks**

Some risks are not all bad and can have positive outcomes. Positive risks can be defined where the outcome is greater than the potential risks involved.

Negative Risks

Negative risks are risks that dangerous and can cause harm.

**SYMPTOMS OF SEPSIS**

- S E P S I S**
- Shivering, fever, or very cold
 - Extreme pain or general discomfort ("worst ever")
 - Pale or discolored skin
 - Sleepy, difficult to rouse, confused
 - "I feel like I might die"
 - Short of breath



Watch for a combination of these symptoms. If you suspect sepsis, see a doctor urgently, CALL 911 or go to a hospital and say, "I AM CONCERNED ABOUT SEPSIS."



We are Aspirational Leaders

**Key Vocabulary**

victimisation	To be treated badly for standing up to discrimination
bystander	Watching and not acting when someone needs help
Self-esteem	Own self of worth or value
diversity	Differences
Media influence	Suggested messages through the media
empathy	Awareness of the feelings and views of others
identity	What makes us an individual
Protected characteristic	The right not to be treated unfairly because of age, race, gender, religion, belief, age etc
harassment	Behaviour that threatens, attacks or offends another person

Key Questions

1. What is bystander behaviour?
2. What is the impact of bullying?
3. How can we see from a different point of view?
4. What are protected characteristics?
5. What qualities are important in a friendship?
6. Why should we challenge stereotypes?

Challenge

How can we challenge bystander behaviour at our school?

Prior Learning – sticky Knowledge I have.

Friendships need to be looked after so that they can change and develop. Friendships end when they no longer make us feel happy and valued. In conversation we should be active listeners, demonstrate respect and respond appropriately to be a good communicator. People can be discriminated against for their race, physical characteristics, religion, beliefs, age or gender. Discrimination is an injustice and should always be challenged. There are many groups in the UK creating a diverse, multicultural society. Everything we see or read online is not necessarily true. People posting online choose how to present themselves and this may not be a true reflection of who they are. Stereotypes can negatively influence our behaviours and attitudes towards others and should be challenged. Stereotypes can lead to prejudiced views and bullying.

What I will learn – new sticky knowledge.

1. Bullying is the repetitive intentional hurting of others either in person or online and involves an imbalance of power. A bystander will often see acts of bullying and offer no help, allowing bullying to go unchallenged and continue.
2. Bullying of any kind is never acceptable and should always be reported and challenged. Bullying can have long lasting negative impacts upon victims. They should be given our help and support.
3. We are all different and have different ideas and opinions. Thinking about how others view things differently can help to build successful, healthy relationships. Respectful conversations are key to understanding each other.
4. Some characteristics are protected by law. The Equalities Act means it is illegal to discriminate against people because of age, sex, sexual orientation, race, religion or belief, disability, pregnancy or maternity, marriage or civil partnership and gender reassignment.
5. Friendship are founded on key qualities such as being trustworthy, a good listener, kind, good humoured. There are other beneficial relationships such as family, neighbour or teacher.
6. Stereotypes based upon prejudice can lead to bullying. Some stereotypes are reinforced by the media and we should be careful about making assumptions.

What is Safe and Active Bystander Behaviour?

1. Pay attention to what is happening.
2. Decide whether there is a problem.
3. Act responsibly.
- Remember every situation is different!

Protected Characteristics

1. Age
2. Race
3. Gender
4. Religion
5. Relationship
6. Disability
7. Present yourself
8. Who you choose to love
9. To have a baby



Men and women can be equally good at a variety of jobs.

True

False



We are international learners

**Key Vocabulary**

Sexual image	A picture that shows a person's private parts.
Age restriction	Youngest age you are able to do something
habit	An action a person keeps repeating
withdrawal	Body's response to stopping a drug
Social norm	What we believe others approve of
Illegal drug	Drugs that are not allowed to be sold legally
caffeine	Drug found in tea, coffee and energy drinks
Criminal record	Legal record of criminal offenses over your life
alcohol	A drug that slows down the brain and nervous system
cancer	Disease where bad cells stop good cells doing their job

Key Questions

1. How can I be responsible online?
2. Should I post a picture?
3. What is a habit?
4. How can we classify drugs?
5. Why do we have drug laws?
6. What are the effects of alcohol?

Challenge

If you were a member of parliament would you change or introduce any drug laws? Why?

Prior Learning – sticky Knowledge I have.

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. Peer pressure means feeling like you have to do something because people around you want you to or expect you to. Sometimes dares can encourage us to be brave or have fun. Sometimes they are for other people's fun. Liquid nicotine, in different flavours, is heated to produce a vapour that people inhale. 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.

What I will learn – new sticky knowledge.

1. Snap chat, Instagram and WhatsApp have a 13+ age restriction. Think before you post online and never share things that could be hurtful or embarrassing. Things posted online are almost impossible to remove.
2. It is important that you have permission to take, post or share a picture of someone else. It is illegal to take or post a sexual image of anyone below the age of 18.
3. A habit is an action a person keeps repeating like biting their nails. Addiction is an extreme habit with negative effects.
4. Drugs can be classified as medicines, non-medical legal or non-medical illegal.
5. All drugs including medicines have the potential to harm us. Those that are most harmful are illegal. Taking illegal drugs is harmful and could result in a fine, prison sentence, criminal record illness or death.
6. Alcohol has short-term effects such as making someone feel drunk, affecting their sleep, making them feel nauseous and long-term effects such as an increased risk of heart disease, liver disease, raised blood pressure and some cancers.

**What is Alcohol?**

Alcohol is a depressant drug that slows down the brain and nervous system.

Short term effects

- relax
- feel good
- dizzy
- react slowly
- have blurred vision
- slur your words
- get angry
- vomit
- lose your balance
- do or say things you normally wouldn't
- have trouble controlling how you move (poor coordination)

Long term effects

- liver and brain damage
- poor diet
- stomach problems
- frequent infections
- skin problems
- damage to reproductive organs
- memory loss/confusion
- heart and blood disorders
- depression
- relationship problems
- work problems
- money or legal troubles



We are international learners

**Key Vocabulary**

sustainability	interact with the environment in a way that ensures there will be enough resources left for future generations
democracy	Voting for people we wish to represent us
MPs	Members of Parliament voted for by the people
Parliament	Law making group in the government
Bill	An idea for a law
House of commons	Where MPs spend time debating important topics and laws
House of lords	Questions and challenges the government
society	A large group of people living in a collaborative way
ISA	Tax free savings account
generations	People born and living at the same time

Key Questions

1. Is the media biased?
2. Why does social media have age restrictions?
3. Why use a savings account?
4. What is sustainability?
5. What is democracy?
6. How are laws made?

Challenge

In this country the party with a clear majority of candidates from all the different *constituencies* forms the next government. Is this a fair system? If so, why? If not, what might make it fairer?

Prior Learning – sticky Knowledge I have.

When using the internet for research it is important to validate sources to be sure content is accurate. 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. Voluntary, community and pressure (or action) groups work together in order to make a bigger difference or change to something in the wider community. 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. There are lots of things that influence us when we make decisions about buying items. 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 I will learn – new sticky knowledge.

1. A biased report is one that expresses a certain opinion or point of view and ignores or criticises the opposing view. An unbiased report gives opposing points of view equal 'weight' without expressing a clear opinion, one way or another. Newspapers often use bias to appeal to their readers.
2. The legal age for most social media accounts is 13 because younger people are more vulnerable and more at risk of meeting someone online, or giving away personal information that could lead to a risky situation with someone they don't know.
3. Money in a savings account can earn you interest. When you save in a savings account or an ISA you are basically lending money to the bank/building society for them to use so they give you a small amount of money.
4. All life on Earth depends on the environment. The natural resources that come from the environment include food, water, plants, and minerals. Sustainability is the idea that humans must interact with the environment in a way that ensures there will be enough resources left for future generations.
5. In this country democracy works by allowing people to vote for Members of Parliament (MPs) who will represent them in the House of Commons. In UK Parliamentary elections all candidates must be 18 years old.
6. Laws begin as ideas. An idea for a law is called a Bill. They are debated in detail in the House of Commons and the House of Lords.

What Do MPs Do?

MPs debate important topics and laws in the House of Commons Chamber. It's here that MPs can challenge the work of the Government.

MPs work both at the House of Commons and in their constituency.

They hold 'surgeries' where they meet people from their constituency who might have a problem, need help or want the MP to do something for them. Surgeries can take place in local libraries, community halls and even sports centres.



Every week MPs get lots of emails, phone calls and letters. They try to answer every one and have researchers and caseworkers to help them.

What Is the House of Lords?

The House of Lords has about 800 members.

Most are called 'life peers', because they are given membership for their lifetime. Their titles are not passed to their children. They are chosen for their expert knowledge and experience, so that they can use their special skills to look carefully at new laws.

The House of Lords is the second Chamber of the UK Parliament. Many of its members have worked in politics, but many have also done other jobs. There are doctors, soldiers, scientists, writers, teachers, police officers, sportspeople and many other professional people in the House of Lords.



**Key Vocabulary**

Civil partnership	a union recognised in law for both same-sex and opposite-sex couples
marriage	A couple joined together legally and spiritually
fame	Being known by the public
fashionable	In style and popular
manipulated	Trying to shape your views, opinions and actions
stereotype	Assuming things about someone based on social group
Social norm	What society thinks we should do
reproduction	Creating new life
sperm	Male sex cell
egg	Female sex cell

Key Questions

1. What is a civil partnership?
2. What do celebrities really look like?
3. What is media manipulation?
4. How can we tackle peer pressure?
5. Helpful or unhelpful change?

Challenge

Is it ok for people to be forced to marry?

Prior Learning – sticky Knowledge I have.

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. 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. 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. 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. 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.

What I will learn – new sticky knowledge.

1. A civil partnership is a union recognised in law for both same-sex and opposite-sex couples who both then have rights similar to those of a married couple. This development legally recognises the multiple ways in which people choose to live their lives in today's society.
2. Fame can be short-lived. Photos can be changed to match society's view of perfect. It is important to respect others, even when they are very different physically, in character, personality, backgrounds, or make different choices or have different preferences or beliefs.
3. What we see in the media is not always what it seems and this can influence us to feel a certain way.
4. There may be times when we are put under pressure by friends, classmates or the media to behave in a certain way and do something that is risky, unhealthy, or makes us feel uncomfortable.
5. Some changes can be more challenging and are sometimes changes we do not choose, but happen anyway such as: we move to a different area; someone we know dies; a new brother or sister is born; a friend leaves school; parents split up; a parent has a new partner. Bigger changes or changes that happen suddenly can be easier to manage if we have people who support us.
6. Parental consent required for this lesson – How are babies made?



Coping with Change

Finding The Positives In Changes

Everyone experiences changes. These changes can be smaller or larger and they will have different impacts and outcomes.

Sometimes, when we think about change, it can make us feel nervous and worried. We often worry about what might happen and worry about the unknown consequences.



We are aspirational leaders