



### Key Facts

- Bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing
- It is important to take time to judge whether what you are feeling and how you are behaving is appropriate and proportionate
- healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded

### By the end of these topics, I should:

- be able to name a range of feelings
- understand why we should care about other people's feelings
- be able to see and understand bullying behaviours
- know how to cope with these bullying behaviours
- be able to recognise and name a range of feelings
- understand that feelings can be shown without words
- be able to see a situation from another person's point of view
- understand why it is important to care about other people's feelings

### I will learn the following new words/phrases:

<b>Bullying</b>	<i>A repeated aggressive or unkind behaviour.</i>
<b>Mean</b>	<i>Unkind, spiteful, or unfair.</i>
<b>Describe</b>	<i>To say or write what someone or something is like.</i>
<b>Teasing</b>	<i>To laugh at someone or say unkind things about them.</i>
<b>Threatening</b>	<i>Expressing a threat of something unpleasant or violent.</i>
<b>Advice</b>	<i>An opinion that someone offers you about what you should do or how you should act in a particular situation.</i>
<b>Imagine</b>	<i>To form or have a mental picture or idea of something.</i>
<b>Anti-bullying</b>	<i>Opposed to or acting against bullying.</i>

### Ask me a question!

- How might someone feel if they are being bullied?
- If you thought someone was being bullied, what could you do?
- How can you be kind to someone?
- What kind of things can friends fall out over or disagree about?
- What can we do if we fall out with our friends?

