



Key Facts

- Bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing
- Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support
- It is important to recognise that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact

By the end of these topics, I should:

- recognise why we should take action when someone is being unkind
- describe caring and considerate behaviour, including the importance of looking out for others
- demonstrate why it is important to behave in an appropriate and responsible way
- identify how making some choices can impact others' lives in a negative way

I will learn the following new words/phrases:

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|---------------|--|
| Considerate | Careful not to inconvenience or harm others. |
| Inconsiderate | Thoughtlessly causing hurt or inconvenience to others. |

Ask me a question!

- How can we help others?
- If someone is being unkind to you or someone you know, what could you do?