



Manor Primary School

Subject: PSHCE

Autumn Term: Take a Stand...Lend a Hand. Let's stop the Bullying!

Overview of the Learning: In this unit children will learn about their responsibility to each other and themselves and the fundamentals of respect. The children will learn about the different types of bullying and impact it can have on people who experience bullying. Throughout the unit, they will have opportunities to think about and discuss the consequences of bullying individuals on both their physical and mental health and to empathise with victims. Children will explore the concept of taking responsibility for identifying, speaking out and putting a stop to bullying. The children will begin to consider how to keep themselves safe online and will develop their understanding around the importance of protecting personal information including passwords, address and the distribution of images of themselves and others.

Core Aims

Provide children with:

- ✚ accurate and relevant knowledge of different examples of bullying, racism and disability
- ✚ skills and strategies to identify, challenge and raise awareness of different types of bullying, discrimination and prejudices
- ✚ opportunities to turn substantial knowledge into personal understanding through empathising
- ✚ opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities
- ✚ the skills and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives.

Key Concept:

- ✚ Social skills and relationships

Second Order Concept:

- ✚ Emotional Literacy
- ✚ Resilience
- ✚ Responsibility
- ✚ Written and Oral Expression

Prior Learning:

- ✚ Year 1- Similarities and Differences, Disabilities
- ✚ Year 2- Celebrating Diversity in themselves and others

Disciplinary Knowledge:

- ✚ Fairness
- ✚ Enquiry
- ✚ Perspective
- ✚ Make connections
- ✚ Draw contrasts
- ✚ Empathy

Substantive Knowledge:

- ✚ What is bullying?
- ✚ What does 'bullying' mean?
- ✚ What are the different types of bullying?
- ✚ What is cyberbullying?
- ✚ What is discrimination?
- ✚ What is racism?
- ✚ What do we do to raise awareness about racism and challenge racism?
- ✚ What is diversity?
- ✚ Why is it important that people are encouraged to be whoever they want to be and are comfortable with?
- ✚ What is a disability?
- ✚ What is an invisible disability?
- ✚ What impact could bullying have on people who are disabled?

Pupils should be taught

Health and Wellbeing

- ✚ How to maintain physical, mental and emotional health and wellbeing



- + Year 3- Discrimination, Stereotyping and Prejudice, celebrating diversity in the world

End Point:

- + Understand what bullying is and that it is wrong
- + Explain the different types of bullying and affect it can have on others
- + Understand racism and disability and how people can be discriminated and bullied due to uncontrollable factors
- + Consider the social, mental and physical impact bullying can have on themselves and others and develop an ability to empathise with others in different scenarios
- + Raise awareness of bullying and encourage children to be confident within themselves and who they are

Future Learning:

- + Year 5- Challenging Discrimination
- + Year 6- My Identify, My Wellbeing

- + How to manage risks to physical and emotional health and wellbeing
- + Ways of keeping physically and emotionally safe
- + How to make informed choices about health and wellbeing and to recognise sources of help with this
- + How to respond in an emergency
- + To identify different influences on health and wellbeing

Relationships

- + How to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts
- + How to recognise and manage emotions within a range of relationships
- + How to recognise risky or negative relationships including all forms of bullying and abuse
- + How to respond to risky or negative relationships and ask for help
- + How to respect equality and diversity in relationships.

Living in the wider world – Economic wellbeing and being a responsible citizen

- + About respect for self and others and the importance of responsible behaviours and actions
- + About rights and responsibilities as members of families, other groups and ultimately as citizens
- + About different groups and communities
- + To respect equality and to be a productive member of a diverse community

Curriculum Expectations

Children can:

- + Give their opinions and explain their views on issues that affect themselves, their society and individuals
- + Recognise their worth as individuals by identifying positive things about themselves and setting personal goals
- + Recognise their achievements, reflecting on their mistakes and striving to make amends where necessary
- + Identify the risks in different situations and deliberate and decide how to behave responsibly
- + Judge what kind of physical contact is acceptable or unacceptable
- + Understand that actions affect themselves and others to care about other people's feelings and to try to see things from their points of view
- + Realise the nature and consequences of racism, teasing, bullying and aggressive behaviours, and how to respond to them and ask for help
- + Recognise and challenge stereotypes
- + Understand where individuals, families and groups can get help and support.



Outcomes

Children can:

- + identify different types of racism
- + identify ways that they could personally reduce racism
- + use prior learning relating to stereotyping to discuss racism
- + define cyberbullying and recognise examples of it
- + identify which actions cross the line between 'banter' and cyberbullying
- + find help and know who to speak to if they're worried about something online
- + give advice about how to prevent or stop cyberbullying
- + explain what a disability is.
- + discuss what the term 'disability awareness' means

Cross Curricular links:

English – Reading range of materials from a range of sources that will then be used to write information texts and podcase

ICT – Use of Media suite to create video, using computers

Art/DT – Creating posters and drawing illustrations

Building Cultural Capital

Children will:

Explore their responsibility as a global citizen and reflect on how they show respect for others

Develop an understanding of the different types of bullying and the effect that the different types of bullying have on individuals

Reflect on how they can take a stand against bullying

Develop an appreciation that we all contribute and make changes that will impact on the whole world

Learning Objectives	Suggested Learning Opportunities	Vocabulary	Resources and hooks for learning.
<p>To understand the term 'bullying'</p> <p>To identify the different ways bullying can occur</p> <p>To understand that bullying is wrong</p>	<p>Substantive Knowledge:</p> <p>What is bullying?</p> <p>What does 'bullying' mean?</p> <p>What form does bullying take?</p> <ul style="list-style-type: none"> + Discuss with the children what bullying means to them and the connotations + Discuss with the children how they know bullying takes place. + Explore and investigate the four different types of Bullying- Verbal, Physical, Emotional and Cyberbullying (Online Bullying). 	<p>Bully, bullying, tease, victim, verbal, physical, emotional, cyberbullying,</p> <p>mental health, self esteem, confidence, support, advice, trusted adult, guidance</p>	<p>Information to support learning can be found online at</p> <p>http://www.bullybusters.org.uk/kids/what_is_bullying/</p> <p>https://www.stopbullying.gov/bullying/what-is-bullying</p> <p>https://www.bullybusters.org.uk/kids/types_of_bullying/</p> <p>https://www.bbc.co.uk/newsround/13905962</p>



	<ul style="list-style-type: none"> Discuss feelings and emotions associated with bullying. What could/should we do if someone is being bullied? How does bullying make victims feel? Why? 		
<p>To understand cyberbullying and the differing ways victims can be affected</p> <p>To consider the consequences of cyberbullying</p> <p>To investigate how we can protect ourselves online</p>	<p>Substantive Knowledge: What is cyberbullying?</p> <ul style="list-style-type: none"> Sticky Knowledge- What is Cyberbullying (Online Bullying)? Discuss what is cyberbullying? How does cyberbullying occur? When and where can it happen? What would you do if you were cyberbullied? How can we stay safe online? How may cyberbullying be more detrimental (harmful) for someone's emotional wellbeing? Why? Discuss with the children the importance of protecting personal information online and the different ways cyberbullying can occur. Discuss with the children how cyberbullying may affect someone's emotional wellbeing and why it may be challenging for them to overcome (24/7-no escape). Explore the different precautionary measures children could put in place to combat cyberbullying. 	<p>Cyberbullying, technology, digital devices, telephones, computers, SMS, Text messages, social networking, negative content, harmful content, personal information, private information, unlawful, criminal offence</p>	<p>https://www.beyondbullying.com/cyberbullying https://www.stopbullying.gov/cyberbullying/what-is-it https://anti-bullyingalliance.org.uk/tools-information/all-about-bullying/online-bullying/what-online-bullying</p>
<p>To understand that racism is a form of bullying that exists in our community</p> <p>To learn about inequality and how it affects lives in varied ways</p> <p>To challenge racism and discrimination respectfully, using</p>	<p>Substantive Knowledge: What is Racism? What do we do to raise awareness about racism and challenge racism?</p> <ul style="list-style-type: none"> Sticky Knowledge: What is bullying? Why may someone be bullied? What is Cyberbullying (Online Bullying)? Discuss what is discrimination? What is racism? What is racial discrimination? Where may you have heard the word 'racism' in our society? Why is it important to raise awareness about racism and challenge racism? Discuss children's thoughts, opinions and ideas around all forms of racism, racist bullying and discrimination. 	<p>Racism, equality, colour, skin tone, ethnicity, nationality, equality, discriminate, unfair treatment, diversity, anti-racist environment, society, community, stereotypes, assumptions, empower others</p>	<p>Books:</p> <p>A kids book about Racism by Jelani Memory</p> <p>Sulwe by Lupita Nyong'o</p> <p>The AntiRacist Baby by Ibram X. Kendi</p> <p>Website Links to support learning: https://www.bbc.co.uk/newsround/52965984</p>



<p>our own privilege to draw attention to it</p> <p>To appreciate diversity within my community and society</p>	<ul style="list-style-type: none"> ✚ Encourage children to share their thoughts and experiences from TV, discussions, social media and from life about racism. ✚ Raise awareness and highlight the importance of recognising racism, challenging it in a sensitive way and celebrating diversity of all races and ethnicities. 		<p>https://www.theschoolrun.com/teaching-primary-school-children-about-racism</p> <p>https://www.redcross.org.uk/get-involved/teaching-resources/talking-with-children-and-young-people-about-race-and-racism</p> <p>https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/children-race-racism-racial-bullying/</p> <p>https://www.youtube.com/watch?v=P7LRDBeHfes&ab_channel=BBCNewsround</p> <p>Resources in Folder</p>
<p>To understand the different types of prejudicial bullying.</p> <p>To recognise that victims of bullying may be affected emotionally and physically</p> <p>To consider consequences of homophobic bullying</p>	<p>Substantive Knowledge:</p> <p>What are the different types of bullying?</p> <ul style="list-style-type: none"> ✚ Sticky Knowledge – What is bullying? What different reasons may someone be bullied? ✚ Discuss why do people bully someone for being different? ✚ Why is it important to celebrate diversity? ✚ Why is it important that people are encouraged to be whoever they want to be and are comfortable with? ✚ What does it mean to be yourself? ✚ Why may you not feel comfortable being yourself? Which words could affect you being you? Why do people use these words? ✚ Where does pressure come from to keep boys behaving like boys and girls behaving like girls? ✚ Encourage the children to think about celebrating differences. ✚ Introduce the children to 'The Boy in the Girls Dress' by David Walliams. Discuss children's thoughts on front cover, their first impressions and thoughts about what boys should wear stereotypically and why we have these preconceptions. ✚ Read and discuss: Chapter 8: 'Lying on the carpet with Lisa'- Lisa final comment. ✚ What do the children think that John Dennis's brother, his friend Darvesh would say if they could see John dressed as Denise? ✚ What would you say in response? 	<p>Individuality, differences, celebrates, peer pressure, media, society, stereotyping, personal experiences, understanding, ignorance, less accepting, education, tolerance, lack of respect, lack of tolerance, prejudice, prejudicial bullying</p>	<p>'The Boy in the Girls Dress' by David Walliams.</p> <p>https://www.purfordgreenschool.com/attachments/download.asp?file=8911&type=pdf</p> <p>https://www.verywellfamily.com/reasons-why-kids-are-bullied-460777</p>



<p>To recognise people with disabilities have many abilities</p> <p>To know that people with disabilities are often victims of name calling (bullying) and that this is wrong</p> <p>To spread awareness about disability and</p> <p>To encourage inclusion and understanding of our community and people in the wider world</p>	<p>Substantive Knowledge: What is disability? What is an invisible disability?</p> <ul style="list-style-type: none"> + Sticky Knowledge – Why do people bully people for being different? + What is a disability? + Are all disabilities visible? + What different types of disabilities are there? + How does disability affect people’s lives? + Why may people be bullied because of their disability? + What impact could bullying have on people who are disabled? + Are disabled people limited in life and their experiences? + If someone says we can’t do something should we let that stop us from trying? <p>Explain to the children that there are four different types of disabilities which the children could explore over a series of lessons:</p> <ul style="list-style-type: none"> + Learning disability (Dyslexia, ADHD) + Physical disability (Amputated Limb, Deaf, Blind, + Sensory impairment (Deafness, Blind, Visual Impairment) + Mental (emotional) health (Autism) + Explore different types of disabilities through scenarios provided in Resource Links Provided. (Theo, Nick Vu jicic) 	<p>Disability, limited, senses, different, affect, learning, sensory, educational, physical,</p>	<p>https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-same-but-different/zn87vk7</p> <p>Video about Theo can be found at https://www.bbc.co.uk/teach/class-clips-video/visual-impairment-theos-story/zkhsbdm</p> <p>Resources about Nick Vu jicic can be found at https://www.attitudealtitude.com/speaker/nick-vu-jicic/</p>
<p>To raise awareness of different types of bullying</p>	<p>ALL equal, ALL different</p> <ul style="list-style-type: none"> + Sticky Knowledge- What is Bullying? Why is it important to celebrate diversity? + What is bullying? + Why is it important to celebrate our differences? + Why is it important to accept that we are all equal but different? + Why are differences important in our world? + How can we raise awareness of bullying to combat bullying? 	<p>Bullying, bully, raise awareness, support, challenging, diversity, acceptance, tolerance, respect, community, society,</p>	



	<p>✚ Reflect on their learning about bullying, the importance and significance of it and the impact it has had on them as individuals in a society and community which isn't always accepting, and tell they are going to continue to raise awareness of bullying.</p>		
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