

### You will know

Belonging to a group can make us feel included. However individuals can be excluded from a group due to their treatment by others. It is important for others who have noticed, to step in and support those that are being excluded.

There is no 'right' way to be friends with someone; one person may have lots of friendships or belong to a large friendship group, whereas someone else may have one or two very close friends.

Being respectful is the most important element of a positive friendship, including in our online interactions. What could be classed as banter by some, could in fact be bullying.

Bullying is behaviour that hurts someone physically or mentally, is repeated and deliberate, and usually involves a power imbalance. There are different types of bullying: verbal, physical, social, online and prejudice based.

It is important to challenge bullying behaviour and do so early before a situation becomes more serious. Bullying seriously impacts the mental health of the victim. We can all be upstanders to bullying.

We can all be anti-racist by speaking up calmly and respectfully when someone says or does something racist. We can say 'that's not right.'

In Britain there are a set of 'British Values' which we should all follow: democracy, the rule of law, individual liberty, mutual respect, tolerance of those with different faiths and beliefs.

People can hold extreme views or beliefs about things. Many people who share very strong views or beliefs do not act upon them. A very small minority of people hold views which are far beyond what most people think of as acceptable and expressing such views can be illegal. Sometimes people influence others to take on their views.

We should consider the impact of sharing photos carefully.



# PSHE

## Year 6

## Autumn

## Term

## Relationships

UN Rights of the Child



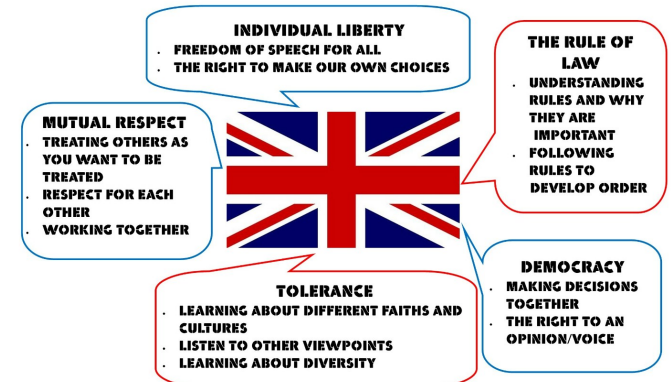
Protected Characteristic



### Vocabulary

| Word         | Definition                                                                                                                                 |
|--------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| Democracy    | We all have equal rights. Everyone has a voice and should be listened to.. We can express our voice through voting in a democratic system. |
| Cohesion     | When member of a community work together as a united whole.                                                                                |
| Tolerance    | The willingness to understand and tolerate beliefs and values different to your own.                                                       |
| Extremism    | The fact of someone having beliefs that most people think are unreasonable and unacceptable.                                               |
| Prejudice    | An unfair and unreasonable opinion or feeling, especially when formed without enough thought or knowledge.                                 |
| Anti-racist  | An ongoing active effort to challenge racism in society                                                                                    |
| Manipulation | Controlling something or someone for your own advantage.                                                                                   |

## BRITISH VALUES



What strategies can we use to help others feel included in our friendships and communities?

How can we be an upstander to bullying?