

# Year 3 Autumn 2 PSHE Bullying: see it, say it, stop it. Feelings.



# PSHE

## Powerful knowledge/skills for this unit:

### Pupils learn about

#### bullying and how it can make people feel

- are able to define what is meant by 'bullying'
- can identify the difference between falling out with someone and bullying
- understand how bullying can make people feel and why this is unacceptable

#### Different types of bullying and how to respond to incidents of bullying

- can name different types of bullying (including racism)
- can identify the different ways bullying can happen (including online)
- can describe how they would respond in a range of situations relating to falling out and bullying, including how to get help

#### What to do if they witness bullying

- can explain how to react if they witness bullying
- understand the role of bystanders and the important part they play in reducing bullying
- know how and to whom to report incidents of bullying, where to get help and support

### What should I already know:

How to keep safe at home and outdoors.

How to make friendships.

## Big Question:

### What should I do if I witness bullying?

**The end point:** To Know what different types of bullying there are. Know what to do if you saw bullying happening?

**Key vocabulary** Bullying, unacceptable, falling out, racism, cyber bullying, bystander, help, support, bully, cyber, Physical Unkind, Mental health, Feelings Emotions, Unhappy, Differences Power, Bystander, Empathy, Acceptance, Courage, Feelings Witness

### Zones of regulation



### Mindmate Monday lesson



#### Year 3 Autumn 2 Unkind behaviours

Lesson focus: I understand that when I am unkind it impacts on others

**Pupils should have the opportunity to...** recognise what is fair & unfair, kind & unkind, what is right & wrong recognise when people are being unkind either to them or others, learn what to do when someone is unfair or unkind