

Overview

In this learning sequence, pupils will explore how they approach situations involving seeking and giving permission, recognising the conflicting emotions that may arise. They will learn to distinguish between bullying and falling out, and be encouraged to act as upstanders who support others. Pupils will consider different choices available when facing a big problem at home, challenge common myths about disclosure, and understand what may happen when they choose to share a concern. They will also develop empathy by thinking about what others may be experiencing. Throughout, pupils are reminded that they are important and deserve supportive people who help them feel safe and happy.

What should I already know?

- Family is a group of people who care for me and look after me.
 - Families can look different for everyone, and that's okay.
 - Families can make us feel happy, loved, safe, or sometimes worried.
 - All feelings are normal, and it's okay to talk about them.
 - If I feel worried at home, I can talk to a trusted adult like a teacher or another family member.
 - Self-worth means knowing I am important and special.
 - We all have things that make us the same and things that make us different.
 - Respect means treating people kindly and fairly.
 - Empathy means trying to understand how someone else feels.
 - Working together helps us learn new things and solve problems.
- A relationship is a connection I have with someone, like a friend or family member.

What will I know by the end of the sequence?

- Consent means asking someone if something is okay and waiting for their answer.
- I should always ask before touching someone or using their things.
- Asking for permission means checking if someone is happy with what I want to do.
- Giving permission means saying "yes, that's okay."

Vocabulary:

Consent

Asking permission and agreeing something.

Conflicting emotions

Having two different, opposite emotions at the same time.

Permission seeking

Asking someone before doing something.

Permission giving

Telling someone they can do something.

Bullying

Constant unfriendly behaviour



Falling out

Having an argument between friends or family.

Upstander

Taking action if you feel something is unfair.



Bystander

Someone who heard about a situation but

• Bullying is when someone is unkind on purpose and keeps doing it. • Bullying can hurt people's feelings and make them feel scared or sad. • Falling out is when friends have a disagreement or argument. • Bullying is repeated unkind behaviour that doesn't stop. • Falling out can be fixed by talking; bullying needs adult help. • An upstander is someone who helps others when they see unkind behaviour. • A bystander is someone who watches and does nothing. • I should treat others with kindness and respect. • If I have a problem at home, I can talk to a trusted adult who will listen and help. • Friendship means caring for someone, being kind, and enjoying time together. • Sometimes friendships can be tricky, and that's okay. • Key people are the trusted adults who care for me and keep me safe.	Friendship	doesn't do anything about it. A special bond between two people
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