

Overview		
In this sequence of learning pupils learn how grooming can happen and where to get help. They explore values, kindness, and how words affect confidence. They learn to respect personal boundaries and communicate their own. Pupils identify misinformation, understand media influence, and recognise both positive and negative peer pressure online and offline.		
What should I already know?	Vocabulary:	
• Discrimination is when someone is treated unfairly, and it is wrong because everyone deserves kindness. • Being inclusive means making sure everyone feels welcome and no one is left out. • A role model is someone we look up to because they make good choices and set a positive example. • A healthy friendship is kind, fair, and supportive. • Prejudice and discrimination are unfair and unkind, and we should tell a trusted adult if we see them. • Peer influence is when friends encourage us to do things, good or bad. • I can deal with peer influence by making good choices and encouraging others to do the right thing. • A community is a group of people who live, learn, or work together. • I can help my community by being responsible, caring, and helpful. •	Grooming	When someone tries to trick a child into trusting them so they can do something unsafe. 
	Surprises	Something unexpected that can make you feel excited or happy.
	Role model	A person you look up to because they make good choices and set a positive example.
	Self-worth	Knowing you are important, special, and deserve to be treated kindly.
What will I know by the end of the sequence?		
• Grooming is when someone tries to build trust with you. • Surprises are happy and short term. • Secrets are when someone tells you not to share or say anything. • Sometimes adults do things to children that make them feel uncomfortable. • I can talk to my teacher, parent, or friend if something doesn't feel right. • A role model is someone we look up to.	Physical hurt	When your body gets hurt, like a cut, bruise, or bump. 
	Emotional hurt	When your feelings get hurt, like feeling sad, scared, or upset. 

• Family or friends can be role models or they can be people who you have never met. • Role models can influence use to be the best version of ourselves, however they can also demovtive us and encourage poor behaviours. • Words can have a positive and negative impact. • Physical hurt is when you fall over or cut your knee. This can be easy to see. • Emotional hurt Is when you are feeling sad because of a situation. • Emotional boundaries are when everyone feels • Personal boundaries are the limits we set to feel safe, and we should respect other people's boundaries too. • I can trust my friends and show them respect, and I know to be careful with friendships that happen online. • Discrimination is when someone is treated unfairly, and it is always wrong  	Boundaries Medial influence Peer pressure Discrimination	Personal limits that help you feel safe and comfortable. Everyone's boundaries should be respected. How TV, videos, games, and online content can affect what we think, feel, or choose. When friends or other children try to get you to do something, whether it's good or not. Treating someone unfairly because of who they are. This is always wrong.
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