

## Goonhavern Primary School- PSHE

**TOPIC: What is Bullying?**

**YEAR: Two**

**STRAND: Relationships**

What should I know already?	What will I know by the end of the unit?
<p><b>From Year 1:</b></p> <ul style="list-style-type: none"> <li>• What is kind and unkind behaviour and how this can affect others.</li> <li>• How to treat themselves and others with respect.</li> </ul>	<ul style="list-style-type: none"> <li>• How words and actions can affect how people feel.</li> <li>• How to ask for and give/ not give permission regarding physical contact.</li> <li>• How to respond if physical contact makes them uncomfortable or unsafe.</li> <li>• Why name-calling, hurtful teasing, bullying and deliberately excluding others is unacceptable.</li> <li>• How to respond if this happens in different situations.</li> <li>• How to report bullying or other hurtful behaviour, including online bullying, to a trusted adult and the importance of doing so.</li> </ul> <div style="border: 1px solid black; background-color: #e0e0e0; padding: 2px; text-align: center; margin: 10px 0;"> <b>Dealing with Bullying</b> </div> <p>Remember that it is the victim that determines if they believe the behaviour is bullying not the bully.</p> <ul style="list-style-type: none"> <li>• <b>Tell someone</b> – don't keep it to yourself, find a trusted adult who you can talk to.</li> <li>• Don't retaliate, try and ignore them if you can.</li> <li>• Try not to react in front of the bully.</li> <li>• Stay with trusted friends who will support you.</li> </ul>

### Vocabulary

Bullying	Bullying is the repeated and intentional behaviours which cause harm to another person, either physically, emotionally or psychologically.
Physical	The victim is physically and violently assaulted by the bully. This can include being beaten up, pushed and shoved or the physical taking of items from the victim.
Verbal	This can include name calling, snide comments and the spreading of rumours.
Emotional	Psychological and emotional bullying is difficult to see, but can include the ostracization of the victim from a particular group, tormenting and humiliating the victim.
Cyber bullying	Cyberbullying is the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature, but can also include setting up of malicious websites or posting personal and



