

Year 5 Finches

Life Skills

Autumn 2



How can friends communicate safely? Anti-bullying week.



Safe Online Communication: Be SMART!

Safe – Do not share personal information, email addresses, phone numbers, addresses or passwords.

Meeting – Never meet someone you have only met online.

Accepting – Do not open emails, texts and files from an unknown source – this can lead to malware or viruses.

Reliable – remember that information on the internet is not always true.

Tell – inform a parent, teacher or trusted adult if anything makes you uncomfortable or worried.

Key Vocabulary	Definition
benefit	Something which is helpful.
bullying	Repeated behaviour which is intended to hurt someone either emotionally or physically.
communication	Sharing information – can be face to face, written or electronic.
consent	Agreeing for something to happen or agreement to do something.
digital	Referring to things which are online.
exclude	To not allow someone to access a group or place.
identity	Who someone is – their race, religion, culture, beliefs, appearance etc.
inappropriate	Not suitable for the time, place, or situation.
online	On the internet or a mobile device (phone, laptop, tablet etc.)
relationship	The way in which two or more people feel and behave towards each other.
risk	A situation involving exposure to danger or harm.
trust	Knowing that someone is reliable or truthful.
uncomfortable	Something which feels upsetting, wrong or painful.
unite	To come together for a common purpose or belief.
wellbeing	Having good health, being happy and content with your life.

What to do if you are worried.

You can always talk to the adults at school, or a trusted adult at home.

If you don't feel able to do this, you can contact Childline on the phone or online.

No problem is too big or too small.

childline

ONLINE,
ON THE PHONE,
ANYTIME
childline.org.uk
0800 1111

Roles in bullying situations.

Ringleader: starts and leads the bullying. Not always the person doing the bullying.

Target: The person being bullied.

Reinforcer(s): Support the bullying; laughing, encouraging what is happening.

Defenders: Stand up for the target. They recognise that bullying is wrong. They are confident enough to do something about it.

Outsider(s): Ignore any bullying. They don't want to get involved.



What makes a good friend?

A good friend is...

understanding kind loving interested
thoughtful caring
gentle funny
honest truthful
patient forgiving
sensitive compassionate
considerate non-judgemental a good listener

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What is bullying?

Bullying is when someone, or a group of people, repeatedly and intentionally hurt another person or people.

It can take different forms. For example, it could be physical (like pushing somebody around), emotional (for example, excluding someone) or verbal (such as calling somebody nasty names). Bullies often do this to gain a sense of power over the person they are bullying, who is made to feel sad, scared or alone.