

# Year 4 Flamingos Lifeskills

Autumn 2



## Treating Others With Respect and Anti-Bullying Week

Key Vocabulary	Definition
<b>bullying</b>	To deliberately harm or intimidate someone more vulnerable.
<b>choice</b>	To make a decision, often between two or more things or actions.
<b>communication</b>	The act of giving, receiving and sharing information.
<b>consequence</b>	The effect, result, or outcome of something occurring earlier.
<b>discrimination</b>	To act unfairly towards a person or group of people.
<b>empathy</b>	To understand how someone is feeling.
<b>feelings</b>	The way you respond to something, e.g; happy, sad, angry, excited, embarrassed, terrified.
<b>individual</b>	A single person in a group who brings different qualities to an activity.
<b>respect</b>	A feeling of achievement, being respected and admired.
<b>relationship</b>	How two or more people are connected.
<b>self-esteem</b>	How much you appreciate and like yourself
<b>self-worth</b>	The internal sense of being good enough and worthy of love and belonging from others (the way you feel inside).
<b>sympathy</b>	To notice someone is upset and to talk to them about it
<b>tolerance</b>	Respecting and valuing differences.
<b>trust</b>	The belief in the reliability of another person or thing.
<b>vulnerable</b>	Weak or without protection, meaning that the person could get hurt or injured.

### Respecting Ourselves and Others

We don't have to have all the same interests to be friends with someone. Everyone deserves to be treated with respect, even if they are not our friend. Everyone is different, people have different backgrounds, faiths and gender. People also have similarities. We may have the same likes and dislikes, the same values or aspirations. When talking about our beliefs and ideas with others we should take care to speak respectfully and learn the correct vocabulary to express our thoughts.



### Anti-Bullying Week 2024: Choose Respect

This year's theme, of Choose Respect has come about following consultation with teachers and pupils by the Anti-Bullying Alliance. Everyone wanted a theme that empowered them to do something positive to counter the harm and hurt that bullying causes.

Imagine a world where respect and kindness thrives — it's not just a dream, it's in the choices we make.

This will empower children and young people to not resort to bullying, even when they disagree and remind adults to lead by example, online and offline.



### Safe Relationships

People may push us to follow or do the same things as them. This is called peer pressure.

Bullying can take many forms verbal, physical, emotional and cyber. Anyone can be a victim of bullying and it can happen at any age.

There is a difference between playful teasing, hurtful behaviour and bullying, including online.

Victims of bullying need support. Bullies need help to change their behaviour.

If a secret upsets you, you should tell an adult you trust.

You should talk to an adult you trust if you are being bullied or are worried about someone else being bullied either face-to-face or online.

Cyber-bullying is bullying, report it straight away. Use the report functions on websites and apps and speak with an adult you trust.

### Friendships

A healthy friendship needs to be fair – it should never be one person doing all the giving and the other person taking. Trust, mutual respect and kindness make a good friendship. We don't have to have all the same interests to be friends with someone. Disagreements can lead to arguments with friends so it is important to co-operate and work it out properly. If a friendship is making you feel unsafe, worried, or uncomfortable always look for support and advise from someone you trust.