

# PSHE

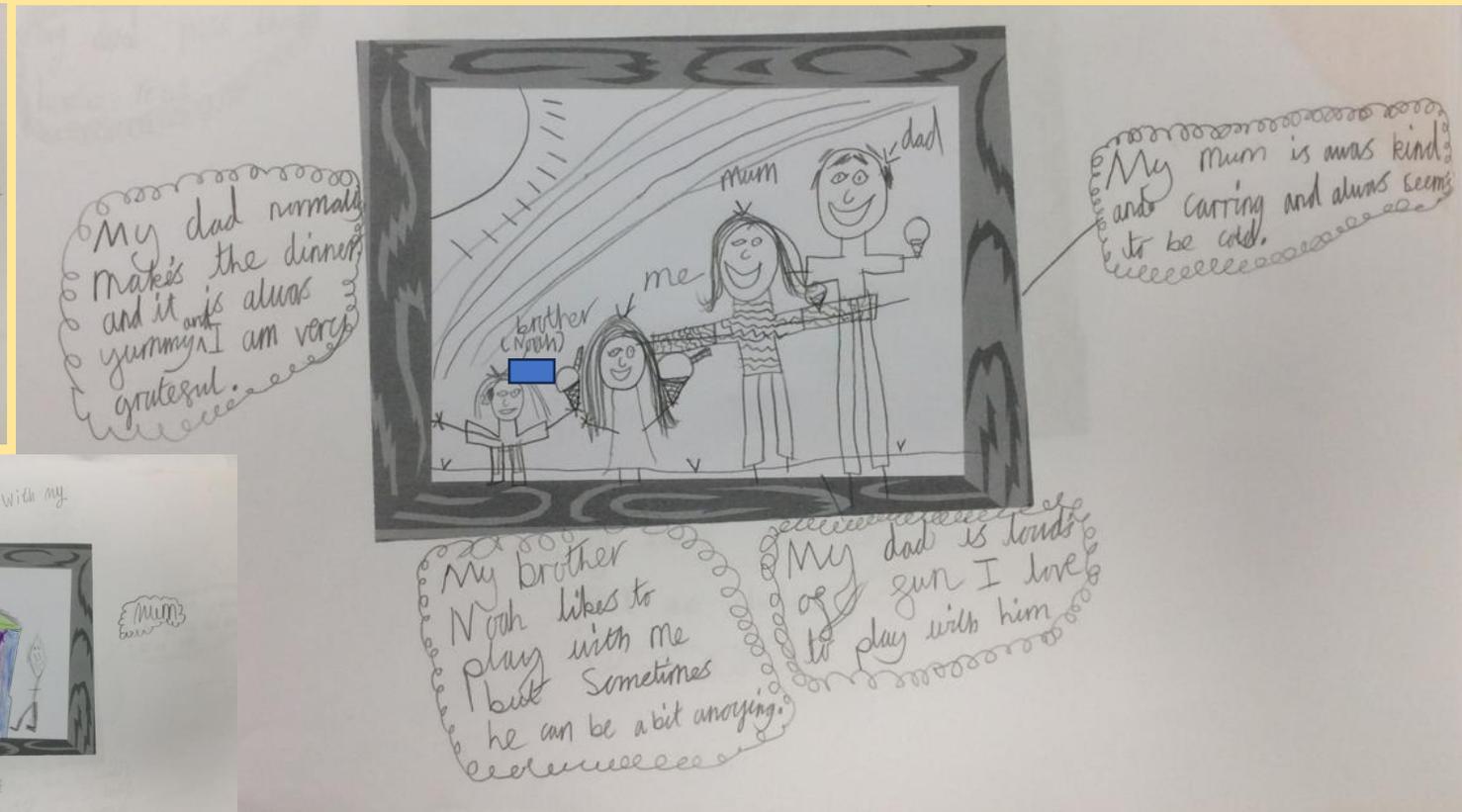
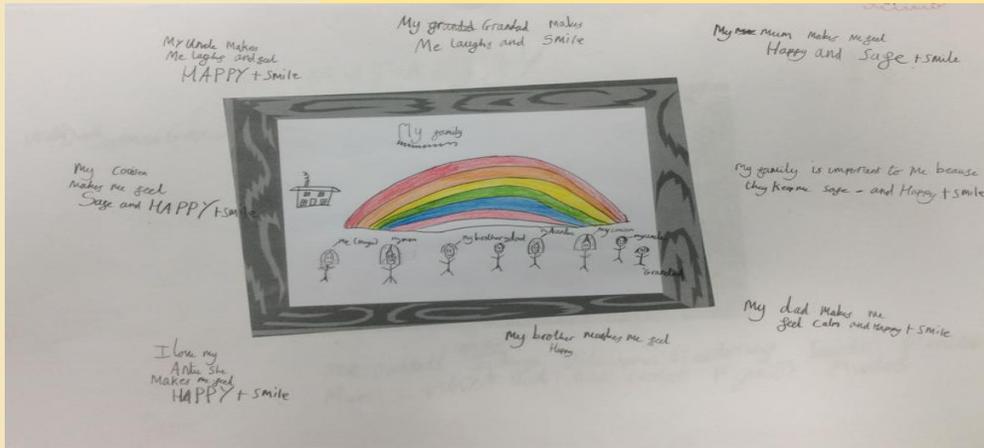
## Celebrating Differences



**Class Tamar**

**Autumn 2 2023**

Our first lesson was about how all of our families are different and important to us. We learnt that sometimes differences and conflicts can happen among family members (e.g brothers/sisters) but that's ok as we can often help solve problems together and still support and love each other.



I love my family, they keep me safe, happy and always make me laugh.

I have a really big family!

All of our families are different but they are all important to us.

For anti-bullying week the theme was 'Make some Noise!'. We explored what it means to be a witness to bullying and the importance of being an ally, not a bystander. We learnt what we should do if we were to witness bullying or experience bullying ourselves. We also came up with ways of helping to make someone who is bullied feel better.

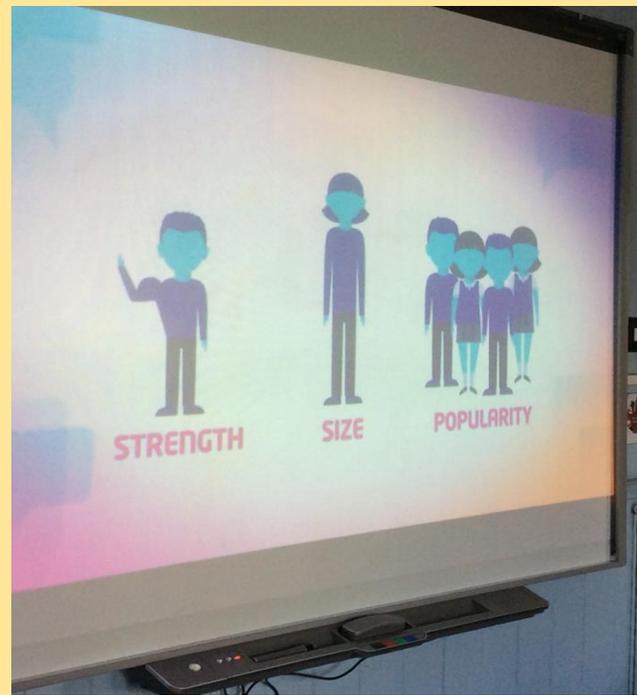


Witnesses to bullying can make the situation better or worse by what they do.

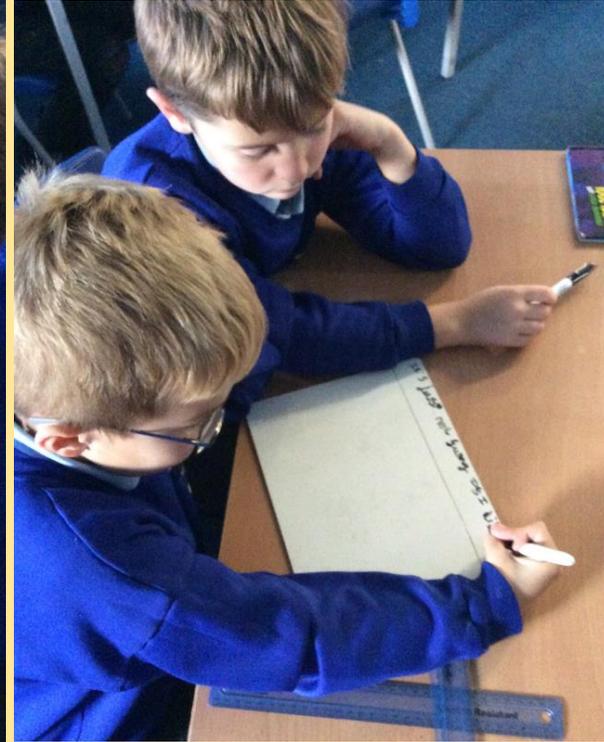
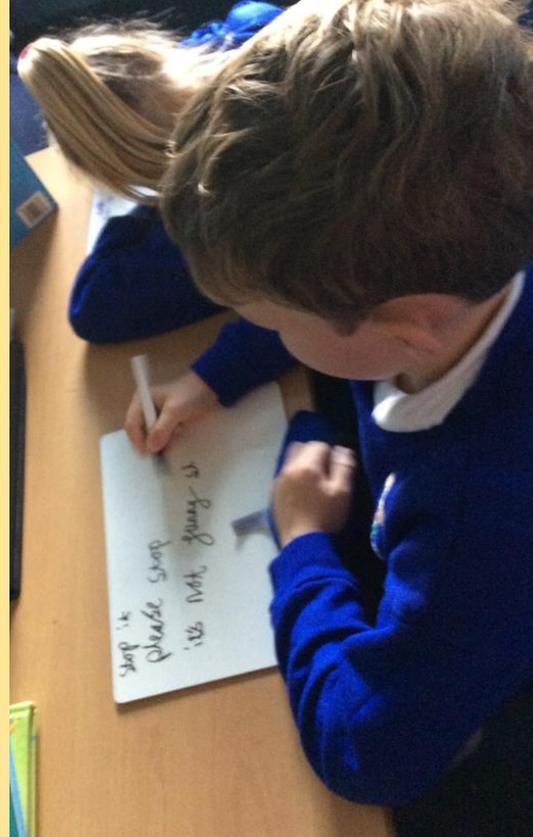
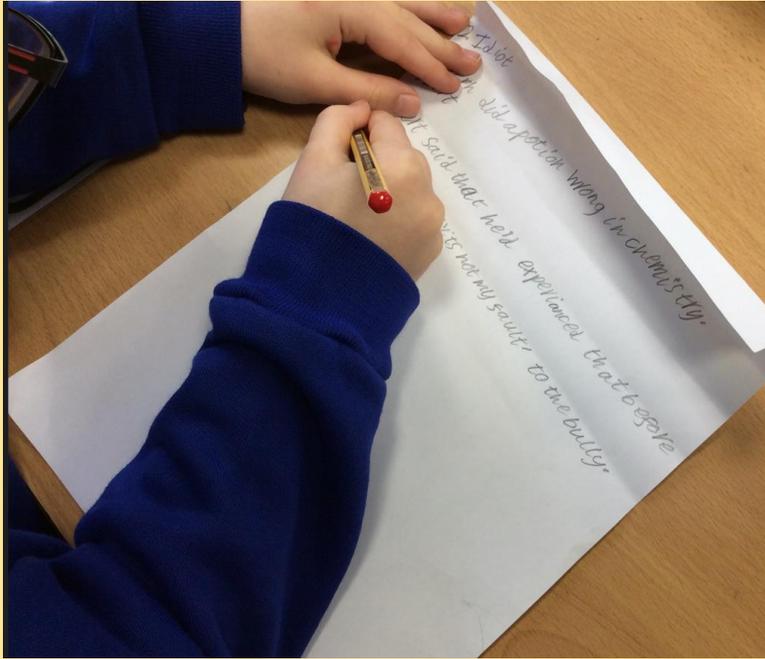
The theme is 'Make some Noise' because it's important that all of us speak out if we see bullying.



**BULLYING**



In this lesson we recognised that some words are used in hurtful ways and how there are consequences to every choice we make. We all knew what we would do if someone was to use unkind words towards us or if we were to witness this happen to others and practised a script of what we could say if we were in this situation.



I really upset my brother once when I called him a mean name. It was because I was really angry but I said sorry when I calmed down.

We must always use our kindness value.

We could say "please stop. I don't find it funny".

There is a big difference between banter and saying unkind things.

We finished our unit by reflecting on the effects of using our kindness value towards each other considering how this feels for other people and ourselves. We finished our lesson by giving each other anonymous compliments that were genuine.



I love the feeling of making someone else laugh and smile.

It feels really nice when someone gives me a compliment especially about my football playing!

Smiling and laughing is infectious!