



## Key Facts

- Bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing
- Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support
- It is important to recognise that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact

## By the end of this topic, I should:

- recognise why we should take action when someone is being unkind
- describe caring and considerate behaviour, including the importance of looking out for others
- demonstrate why it is important to behave in an appropriate and responsible way
- identify how making some choices can impact others' lives in a negative way

## I will learn the following new words/phrases:

<b>Considerate</b>	<i>Careful not to inconvenience or harm others.</i>
<b>Inconsiderate</b>	<i>Thoughtlessly causing hurt or inconvenience to others.</i>

## Ask me a question!

- How can we help others?
- If someone is being unkind to you or someone you know, what could you do?