

# Relationships

## Skills covered :


- To be able to offer ideas about why we have RSHE lessons and how they benefit everyone.
- To explain what bullying is and offer ideas to support those involved.
- To explain what racism is and offer ideas to support those involved.
- To make links with the No Outsiders books.
- To explain discrimination and inequality and give examples of the ways this can be seen.

## Key vocabulary


good influence	bullying
personal boundaries	democracy
racism	equality
good friendships	British Values
prejudice	discrimination

## Must—know knowledge

- Understand what RSHE is and the rules within the lessons.
- To understand who to talk to and when friends, family and professionals.
- Identifying what constitutes bullying and how to show empathy to others.
- Understand what equality is.
- To identify racism and what to do to help when we see it.
- To know and understand the British Values.

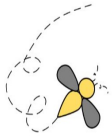


### Is it Bullying?



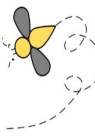
When someone says or does something unintentionally hurtful and they do it once.

**That's RUDE**



When someone says or does something intentionally hurtful and they do it once.

**That's MEAN**



When someone says or does something intentionally hurtful and they keep doing it even when you tell them to stop or show them that you're upset.

**That's BULLYING**

[www.elsa-support.co.uk](http://www.elsa-support.co.uk)

Rosa Parks said, "Each person must live their lives as a model for others."

"I will never apologise for who I am," stated Marcus Rashford (footballer).

## BRITISH VALUES

