

Why are respectful relationships important?

Skills covered:

- How to identify bullying situations and how to get help.
- How to be a good friend and identify healthy relationships.
- How to be an ally and identify ways to protect others from discrimination.
- Identify ways to keep safe in risky situations.

Key vocabulary:

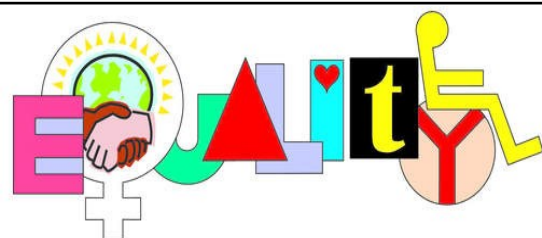
respect	prejudice
relationship	ally
target	campaign
bullying	appropriate
bystander	risky
deliberate	racism
empathy	
sympathy	
equality	
discrimination	

To get support/information:



Must—know knowledge:

- Bullying involves deliberate, hurtful and repeated actions which are intended to harm or humiliate others. Often there is an imbalance of power between the target and ringleader.
- Showing empathy is an important part of being a good friend.
- Equality means that everyone is treated equally, especially in status, rights and opportunities.
- The Equality Act 2010 is a law designed to protect people from discrimination. It sets out the protected characteristics.
- Allies create campaigns (planned and organised actions) to try to change what people think or do. Campaigns can be linked to discrimination and racism but other topics as well, such as climate change.
- No one has the right to touch your body without permission or in a way that makes you uncomfortable (PANTS rule).



There are different roles in bullying situations.

Which roles help? Which roles harm?

