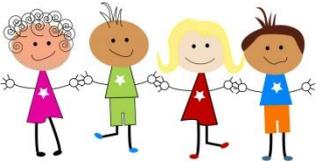




YEAR 3 ANTI-BULLYING PROGRESSION



Theme	
<p data-bbox="118 416 331 448">New Beginnings</p> 	<ul data-bbox="619 416 1473 517" style="list-style-type: none"> • I know some ways to solve a problem • I can manage my feelings and usually find a way to calm myself down when necessary
<p data-bbox="118 577 485 609">Getting On and Falling Out</p> 	<ul data-bbox="619 577 1473 851" style="list-style-type: none"> • I know how to be a good listener (take turns) I know how to see things from someone else's point of view • I know how to look and sound friendly • I know what my triggers for anger are • I know ways to calm down when I start feeling angry • I can peacefully problem solve to sort out difficulties • I can tell you what a win-win solution is and always try to find one in a conflict situation
<p data-bbox="118 871 368 902">Say No to Bullying</p> 	<ul data-bbox="619 871 1473 1104" style="list-style-type: none"> • I can peacefully solve a bullying situation with others • I can understand the role of witnesses, knowing when to tell • (Witnesses who do nothing are making the child who is bullied feel worse. They are making the people doing the bullying feel better, or at least OK about what they are doing)
<p data-bbox="118 1124 331 1155">Going For Goals</p> 	<ul data-bbox="619 1124 1473 1357" style="list-style-type: none"> • I can predict the consequences of my actions for myself, other individuals and groups • I can manage frustration by using a number of strategies • I know that I am responsible for my own behaviour • I can make a choice about what to do based on my predictions of the likely consequences
<p data-bbox="118 1370 325 1402">Good To Be Me</p> 	<ul data-bbox="619 1402 1098 1503" style="list-style-type: none"> • I can choose to act assertively • I know how to be assertive • I can relax when I want to
<p data-bbox="118 1563 300 1594">Relationships</p> 	<ul data-bbox="619 1563 1473 1809" style="list-style-type: none"> • I can express my feelings • I can express feelings of guilt • I can tell you some ways to make amends if I have done something cruel or unkind • I know when to tell someone about it • I can tell when something is my fault and when something is not my fault
<p data-bbox="118 1825 229 1856">Changes</p> 	<ul data-bbox="619 1825 1473 2016" style="list-style-type: none"> • I know that change can be really good and can tell you about some changes that have made our lives much better • I can tell you about a plan I have made to change something about my behaviour • I can think about and plan how to overcome obstacles



YEAR 4 ANTI-BULLYING PROGRESSION



Theme	
<p data-bbox="118 416 331 450">New Beginnings</p> 	<ul data-bbox="647 416 1449 551" style="list-style-type: none"> • I can use the peaceful problem process to solve a problem • I can manage my feelings and can usually find a way to calm myself down
<p data-bbox="118 600 485 633">Getting On and Falling Out</p> 	<ul data-bbox="647 600 1449 768" style="list-style-type: none"> • I understand why it is important to calm down before I am overwhelmed by feelings of • anger • I can use peaceful problem solving to sort out difficulties
<p data-bbox="118 801 368 835">Say No to Bullying</p> 	<ul data-bbox="647 801 1449 1032" style="list-style-type: none"> • I can problem solve a bullying situation with others • I can understand the role of witnesses, knowing when to tell • (Witnesses who do nothing are making the child who is bullied feel worse. They are making the people doing the bullying feel better, or at least OK about what they are doing)
<p data-bbox="118 1055 331 1088">Going For Goals</p> 	<ul data-bbox="647 1077 1430 1144" style="list-style-type: none"> • I can understand that some thoughts help me reach my goal and some are a barrier
<p data-bbox="118 1256 325 1290">Good To Be Me</p> 	<ul data-bbox="647 1256 1437 1525" style="list-style-type: none"> • I can express myself assertively in a variety of ways • I can recognise when I am beginning to get upset or angry and have some ways to calm down • I understand why we sometimes fight or run away when we feel threatened • I know why it is sometimes important to stop and think when we feel angry or stressed • I can stop and think before I act
<p data-bbox="118 1541 300 1574">Relationships</p> 	<ul data-bbox="647 1541 1358 1675" style="list-style-type: none"> • I can take responsibility for what I choose to do • I know how to make a good choice • I can tell you the things that hurt my feelings • I can understand how I might hurt others
<p data-bbox="118 1731 229 1765">Changes</p> 	<ul data-bbox="647 1731 1453 1865" style="list-style-type: none"> • I know that what we feel and think affects what we do (how we behave) • I understand why I and others may behave differently when faced with change