



YEAR 5 ANTI-BULLYING PROGRESSION



Theme	
<p data-bbox="116 416 331 450">New Beginnings</p> 	<ul data-bbox="619 416 1437 723" style="list-style-type: none"> • I know some of the things that help us in school to play well together • I have some strategies to cope with uncomfortable feelings and to calm myself when necessary • I know how others may be feeling when they are in an unfamiliar situation and can help them to feel valued and welcome • I can explain how I go about solving a social problem and give you an example of a problem I have solved
<p data-bbox="116 734 485 768">Getting On and Falling Out</p> 	<ul data-bbox="619 734 1437 1144" style="list-style-type: none"> • I can use my skills for solving problems peacefully to resolve conflict • I can say things and do things that are likely to make a difficult situation better or worse • I know: what my triggers are for anger; what happens when I get angry; what happens when I am overwhelmed by my feelings of anger; some ways to calm myself down • I can consider both the short-term and long-term consequences of my behaviour • I know I am responsible for the choices I make and the way I behave, even if I am very angry
<p data-bbox="116 1155 368 1189">Say No to Bullying</p> 	<ul data-bbox="619 1155 1390 1256" style="list-style-type: none"> • I can tell you a range of strategies which I have for managing my feelings in bullying situations and for problem solving when I am part of one
<p data-bbox="116 1395 331 1429">Going For Goals</p> 	<ul data-bbox="619 1395 1294 1429" style="list-style-type: none"> • I can be a critical friend to others and myself
<p data-bbox="116 1608 325 1641">Good To Be Me</p> 	<ul data-bbox="619 1608 1437 1816" style="list-style-type: none"> • I can explain how I am feeling even if I have mixed feelings • I can disagree with someone without falling out • I can cope when someone disagrees with me I can recognise when I am beginning to be overwhelmed by my feelings and can use a calming-down strategy
<p data-bbox="116 1827 300 1861">Relationships</p> 	<ul data-bbox="619 1827 1401 1928" style="list-style-type: none"> • I can use a problem solving approach to sort out an embarrassing situation. • I can recognise when I am using a put down.
<p data-bbox="116 2018 229 2051">Changes</p> 	<ul data-bbox="619 2018 1449 2186" style="list-style-type: none"> • I can tell you some of my own 'sore spots'. I can recognise when I might over-react because someone has touched a 'sore spot' I recognise that my behaviour is my responsibility, even when someone has touched a 'sore spot'



YEAR 6 ANTI-BULLYING PROGRESSION



Theme	
<p data-bbox="118 416 331 450">New Beginnings</p> 	<ul data-bbox="580 416 1445 618" style="list-style-type: none"> • I know some of the things that help us in school to play well together • I have some strategies to cope with uncomfortable feelings and to calm myself when necessary • I can explain how I go about solving a social problem and give you an example of a problem I have solved
<p data-bbox="118 629 485 663">Getting On and Falling Out</p> 	<ul data-bbox="580 629 1465 1178" style="list-style-type: none"> • I try to recognise when I, or other people, are pre-judging people, and I make an effort to overcome my own assumptions • I know that it is important in a conflict situation to talk about what someone has done or said, not the person themselves • I can use language that does not make conflict situations worse • I am able to see a situation from another person's perspective • I know how my behaviour is linked to my thoughts and feelings • I can stop and try to get an accurate picture before I act • I know what my triggers are for anger; what happens when I get angry; what happens when I am overwhelmed by my feelings; some ways to calm myself down
<p data-bbox="118 1189 368 1223">Say No to Bullying</p> 	<ul data-bbox="600 1227 1445 1335" style="list-style-type: none"> • I can tell you a range of strategies which I have for managing my feelings in bullying situations and problem solving when I am part of one
<p data-bbox="118 1413 331 1447">Going For Goals</p> 	<ul data-bbox="600 1447 1453 1581" style="list-style-type: none"> • I can recognise when I am using an excuse instead of finding a way around a problem • I know that it is up to me to get things done by taking the first step
<p data-bbox="118 1626 325 1659">Good To Be Me</p> 	<ul data-bbox="580 1626 1453 1827" style="list-style-type: none"> • I can behave in an assertive way using appropriate body language and tone of voice I can recognise when I am beginning to be overwhelmed by my feelings and can use a calming down strategy • I know that if I have once been overwhelmed by my feelings I might easily 'lose it' again another time
<p data-bbox="118 1839 300 1872">Relationships</p> 	<ul data-bbox="600 1861 1342 1928" style="list-style-type: none"> • I can think about when to forgive someone. I can forgive someone.
<p data-bbox="118 1984 229 2018">Changes</p> 	<ul data-bbox="600 1984 1430 2119" style="list-style-type: none"> • I understand why I behave the way I do sometimes when I feel uncomfortable • I try to understand other people's behaviour by thinking about what they might be feeling or thinking

