

## Anti Bullying Week Progression Grid - whole school

Nursery	Reception	Year 1	Year 2	Year 3/4	Year 4/5	Year 5/6
Minimum learning is highlighted			Minimum vocabulary is in bold			
<p>What is a <b>friend</b>?</p> <p>Explore how people in nursery are known to us but not all of them are our friends.</p> <p><b>What makes someone a friend – kind to each other, play together, share interests</b></p>	<p>How to be a good friend</p> <p><b>What is the difference between a friend and just someone we know?</b></p> <p>How do our good friends behave – they <b>help</b> us, <b>care</b> for us, ask about us, share with us</p>	<p><b>To know what the word bullying means.</b></p> <p>Understand what behaviours can be attributed to friendship, those which are nasty (bullying or <b>unkind</b>) and those that can be difficult to interpret.</p> <p>Create a bank of behaviours for a good friend and those for a bully</p> <p>When does unkind behaviour turn onto bullying</p> <p>(pol-ed ‘What is bullying?)</p>	<p>Recap what is bullying?</p> <p>What are the different types of bullying?</p> <p><b>Understand that bullying can take several forms – physical, social, emotional, financial and that all forms of bullying are persistent over time and have an imbalance of power.</b></p>	<p>How to deal with bullying – explore scenarios and different <b>responses</b>.</p> <p>Understand ways to be an ‘<b>upstander</b>’ – not a <b>bystander</b>.</p> <p><b>Understand that giving bullies what they want leads to more bullying</b></p> <p>Begin to understand that bullies are often very unhappy and there is a reason for their actions</p> <p>(pol-ed ‘What is bullying?)</p>	<p>How can we <b>pre-empt</b> or <b>prevent</b> bullying?</p> <p>Recap what can make a bully act as they do – unhappiness, being bullied themselves, feelings of <b>inadequacy</b> etc</p> <p>How can we spot a bully? Explore what you may see in a person – <b>controlling behaviour</b> and other social cues etc</p> <p><b>Understand that by choosing a certain group of friends or a certain interest may impact the types of people you would mix with and increase/decrease you chance of meeting a bully</b></p>	<p>How can bullying impact a person’s future and their <b>mental health</b>?</p> <p>Explore why a person might be bullied more that once – <b>decline in confidence and self esteem</b> = easy target.</p> <p>Learn and demonstrate <b>assertive</b> interactions (not aggressive) – re-stating what you want or do not want “broken record technique”</p> <p><b>Know how long term bullying could lead to sadness, low mood, depression, anxiety and potentially self harm</b></p>