

Building PSHE Knowledge: How do we respect ourselves and others?

	EYFS	Year 1	Year 2
How do we respect ourselves and others?	<ul style="list-style-type: none"> ✓ Being respectful is being kind. ✓ Being kind is helping people. ✓ Being nice to others. ✓ Looking after each other. ✓ Being friendly. ✓ Thinking about others feelings. ✓ Kindness and being respectful is important as it makes others feel happy, it helps us to make friends, it stops people feeling upset. Being kind makes us feel good. ✓ There are many ways you can show acts of kindness and respect at home, school and in the community. ✓ Being kind is having manners. ✓ Using your manners includes: smiling, saying good morning/afternoon, please and thank you, listening and sharing. ✓ It is important to ask permission and give permission with your friends and adults. 	<ul style="list-style-type: none"> ✓ Being respectful is being kind and showing manners. ✓ Kindness and being respectful is important as it makes others feel happy, it helps us to make friends, it stops people feeling upset. ✓ Being kind makes us feel good. ✓ It is important to also be kind to yourself and respect yourself as this will make you feel happy. ✓ There are many ways you can show acts of kindness and respect at home, school and in the community. ✓ Using your manners includes: smiling, saying good morning/afternoon, please and thank you, listening and sharing. ✓ Being respectful is about being a good listener: a good listener is when our eyes are looking, ears are listening, hands are calm, feet are still and we are not talking. ✓ Being respectful means cooperating. Cooperation is when we work together to achieve something. ✓ When we cooperate with others, we need to use a lot of different skills. We need to listen to everyone's ideas, share the jobs, give help to others and look after everyone's feelings. ✓ We also get to make choices about the things we say and do when something happens. The choices we make can affect how we feel. ✓ We can't choose or control how others act but we can choose how we respond. ✓ Everyone should treat each other with kindness and respect. ✓ It is important to ask permission and give permission with your friends and adults. 	<ul style="list-style-type: none"> ✓ Being respectful is being kind and showing manners. ✓ Kindness and being respectful is important as it makes others feel happy, it helps us to make friends, it stops people feeling upset. ✓ Being kind makes us feel good. ✓ It is important to also be kind to yourself and respect yourself as this will make you feel happy. ✓ There are many ways you can show acts of kindness and respect at home, school and in the community. ✓ We are all different and we can respect other people's likes and dislikes, even when they are different from our own. ✓ A stereotype is an idea or a view held by lots of people about a particular person or group of people. ✓ Stereotypes that people have can be based on the way people look, where they come from, the way they speak, the clothes they wear or their gender (whether they are a girl or a boy). ✓ It is important to ask permission and give permission with your friends and adults.

	Year 3	Year 4
How do we respect ourselves and others?	<ul style="list-style-type: none"> ✓ I have the right to be treated respectfully and equally but I have the responsibility to also be respectful. ✓ A positive, healthy friendship is mutually respectful, trusting, honest, loyal, kind and supportive both on and offline. ✓ Being respectful is helping or including others and being responsible. ✓ It is important to have the self-respect and I have a right to be treated respectfully by others. Respecting yourself will make you feel happy. ✓ Being treated politely means that someone respects you, listens and respects your opinions and is kind. ✓ My personal behaviour can affect other people. ✓ Hurtful behaviour includes: teasing, name-calling, bullying, cyber-bullying, trolling, harassment or the deliberate excluding of others) – this can be reported to a trusted adult and you can ask for help. ✓ It is important to ask permission and give permission with your friends and adults. 	<ul style="list-style-type: none"> ✓ I have the right to be treated respectfully and equally but I have the responsibility to also be respectful. ✓ It is important to have the self-respect. Respecting yourself will make you feel happy. ✓ Everyone is an individual and has their own identity- respecting similarities and differences is important- this could be their ethnicity, family, gender, faith, culture, hobbies, likes/dislikes. ✓ A community is a group of people who may have similar things in common, like going to the same school, having similar interests or living in the same area. ✓ Diversity means there are people of different cultures, traditions, beliefs, religions and ethnicities. Diversity helps us to learn and grow as people. It is something to be celebrated. ✓ Friendships have ups and downs but I can resolve disagreements and resolve differences positively and safely. ✓ Hurtful behaviour includes: teasing, name-calling, bullying, cyber-bullying, trolling, harassment or the deliberate excluding of others) – this can be reported to a trusted adult and you can ask for help. ✓ It is important to ask permission and give permission with your friends and adults.

	Year 5	Year 6
How do we respect ourselves and others?	<ul style="list-style-type: none"> ✓ I have the right to be treated respectfully and equally, but I have the responsibility to also be respectful. ✓ Respecting yourself will make you feel happy. ✓ It is important to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own ✓ Hurtful behaviour includes: teasing, name-calling, bullying, cyber-bullying, trolling, harassment or the deliberate excluding of others) – this can be reported to a trusted adult and you can ask for help. ✓ Bullying is repeatedly being unkind verbally or physically to someone else- including offline and online. ✓ Discrimination means people are treated unfairly because of who they are, where they are from or how they choose to live their life. I can challenge discrimination by telling a trusted adult or reporting behaviour if I feel at risk or unsafe to police. ✓ It is important to ask permission and give permission with your friends and adults. 	<ul style="list-style-type: none"> ✓ I have the right to be treated respectfully and equally but I have the responsibility to also be respectful. ✓ Respecting yourself will make you feel happy. ✓ My personal behaviour can affect other people and it is important to be respectful online, as well as offline. ✓ It is important to respect the differences and similarities between people and recognise what they have in common with others e.g. physically, in personality or background. ✓ Discrimination means people are treated unfairly because of who they are, where they are from or how they choose to live their life. I can challenge discrimination by telling a trusted adult or reporting behaviour if I feel at risk or unsafe to police. ✓ Being respectful includes being able to communicate, be a team player and be able to negotiate. ✓ Listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own ✓ Respect and debate other people’s point of view and constructively challenge those they disagree with.

		<ul style="list-style-type: none">✓ Hurtful behaviour includes: teasing, name-calling, bullying, cyber-bullying, trolling, harassment or the deliberate excluding of others) – this can be reported to a trusted adult and you can ask for help.✓ It is important to ask permission and give permission with your friends and adults.
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