


<b>Learning Objectives:</b> be able to suggest strategies for handling conflict    be able to recognise and manage 'dares' including strategies for removing themselves from situations within which they feel unsafe or uncomfortable    be able to recognise how peer acceptance may be influential in their actions and behaviours		
What have I already learned?	Key Information	Key Vocabulary
Resolve conflicts with their friends. Respect to a wide range of people when sharing concerns. Works collaboratively towards shared goals. People and groups make a valuable contribution to the community.	<b>Principles of personal safety</b> Consent - To trust your feelings and to be confident to say 'yes' and 'no' in difficult situations. To say 'no' to adults, if they feel unsafe and unsure. If you feeling unsafe or unsure, to tell someone you trust to help you. You own your own body and should not do something to harm it. Nothing is embarrassing that you can't tell someone about. Being assertive.	<b>Caring</b> - Displaying kindness and concern for others. <b>Compassion</b> - To show someone kindness and a willingness to help others. <b>Concerns</b> - A feeling of anxiousness and worry. Something/someone says/ does that makes you feel upset or anxious.
<b>Peer Influence</b> Peer influence is when you choose to do something you wouldn't otherwise do because you want to feel accepted and valued by your friends. It isn't just about doing something against your will. Peer influence can be positive and negative: <ul style="list-style-type: none"> <li>• Choosing the same clothes, hairstyle as their friends</li> <li>• Listening to the same music or watching the same TV shows</li> <li>• Changing the way they talk or the words they use.</li> <li>• Doing risky things or breaking rules</li> <li>• Working harder at school or not working as hard.</li> </ul>	<b>Strategies for handling conflict</b> <b>Reach Out</b> Come together with the person you are having problems with <b>Engage in conversation</b> Keep calm and talk one at a time <b>Seek to solve the problem</b> Agree to come up with sensible solutions you both agree to <b>Open Up</b> Communicate your side and how you feel <b>Listen Intently</b> Listen to the other person and try to understand their view <b>Voice solutions</b> Brainstorm solutions to try to solve the problem <b>End on a good note</b> Agree to the solution, Shake hands 	<b>Conflict</b> - A disagreement between people with opposing opinions that may lead to physical harm. <b>Empathy</b> - The ability to understand and share the feelings of another. To place oneself in another person's position. <b>Feelings</b> - Something that we feel from within or inside ourselves. Feelings never remain the same for too long, they keep changing. <b>Consent</b> - asking someone for their permission to do something and accepting their answer. <b>Mood</b> - The way a person feels at a certain time. <b>Responsibility</b> - To do the things you are expected to do and accept the consequences (results) of your actions. 