



Words you will learn:



assertive

Speaking up for yourself clearly and politely without being rude or bossy.



compromise

Each person giving up a little of what they want to find a fair solution.



disrespect

Not being thoughtful in the way you think, speak and act.



manners

Everyday polite habits.



self-respect

Treating yourself with care.

Words you may know:



bullying

Unkind behaviour several times on purpose.



loneliness

Feeling that you are on your own, even when others are around.

Respect

kind words

calm voice

listening

respecting **boundaries**

Disrespect

unkind words

shouting

interrupting

ignoring **boundaries**

Good **manners** are everyday ways of showing **respect**. We can show good manners through:

saying please and thank you



waiting your turn



holding the door open for someone



sharing equipment



tidying up shared spaces

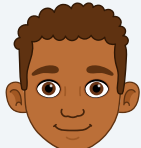


knocking before entering someone's room

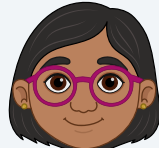




Positive self-talk is one way of showing **self-respect**. You can practise positive self-talk by saying:



I can do hard things.



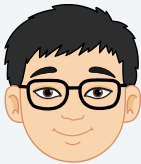
I'm proud I tried and gave it my best.



It's normal to need help.

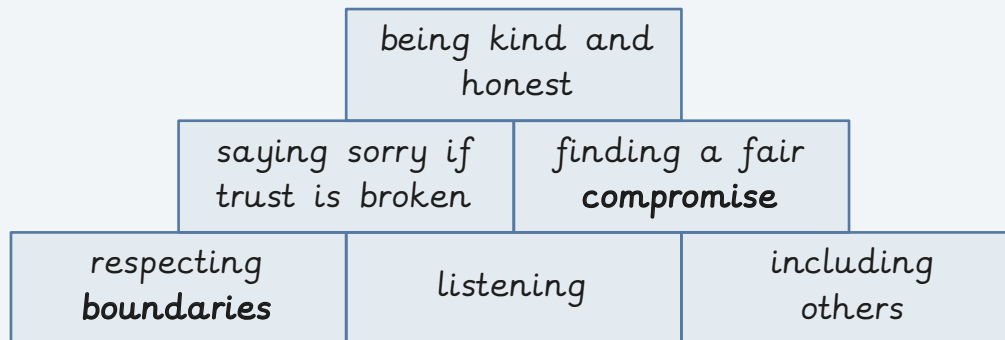


I've worked really hard on this problem.



Mistakes help me learn.

You can build friendships by:



Healthy friendships might make you feel:

valued
supported
included
safe

Unhealthy friendships might make you feel:

left out
worried
lonely
unsafe



If a friendship feels unhealthy, talk to a trusted adult.

If you see **bullying** or unfair treatment, you can start telling other people, like a **trusted adult**.

