

## KEYWORDS

<b>Emotional health</b>	How we feel and an ability to acknowledge our emotions as well as others.
<b>Mental wellbeing</b>	Your thoughts and feelings and how you cope with everyday life.
<b>Bullying</b>	Bullying is an ongoing and deliberate misuse of power in relationships. It includes verbal, physical and/or social behaviour that intends harm.
<b>Sexual harrassment</b>	Any bullying behaviour, whether physical or non-physical, that is based on a person's sexuality or gender.
<b>The Equality Act (2010)</b>	Legislation that legally protects people from discrimination in the workplace and in wider society.
<b>Young carer</b>	Someone under 18 who helps to look after a relative with a disability, illness, mental health condition, or drug or alcohol problem.

## Sources of support

[Kooth.com](http://Kooth.com)  
[childline.org.uk](http://childline.org.uk)  
[nspcc.org.uk](http://nspcc.org.uk)  
[anti-bullyingalliance.org.uk](http://anti-bullyingalliance.org.uk)  
[www.familylives.org.uk](http://www.familylives.org.uk)  
[www.relate.org.uk](http://www.relate.org.uk)  
[Sayit.org.uk](http://Sayit.org.uk)



## TEN TIPS TO IMPROVE YOUR MOOD

1. Remove yourself from the stressful situation or avoid known triggers (e.g. that annoying person in your class)
2. Breathe in deeply and slowly; in through your nose and out through your mouth
3. Squeeze Blu-tac or a stress ball
4. Take a walk by yourself and concentrate on sounds and sights around you
5. Slowly count backwards from 20
6. Stretch out or carry something heavy (e.g. a heavy backpack or box of books.)
7. Imagine somewhere nice and relaxing and picture yourself being there.
8. Try guided meditations
9. Sit or lay down somewhere comfortable and listen to your favourite music
10. Do a sport or exercise

## Anti Bullying Policy

Bullying is the **repetitive, intentional** hurting of one person or group by another person or group, where the relationship involves an **imbalance of power**. It can happen face to face or online. It is often aimed at certain groups, for example because of race, religion, gender or sexual orientation. At Meadowhead School we will not tolerate bullying.

Bullying can be:

- **Emotional** being unfriendly and excluding other children
- **Physical** pushing, kicking, hitting, punching or any use of violence
- **Racist** racial taunts, graffiti, gestures
- **Sexist** Attitudes used to intimidate or harm another based on sex or gender
- **Sexual** unwanted physical contact or sexually abusive comments
- **Homophobic** because of or focussing on the issue of sexuality
- **Verbal** name-calling, sarcasm, spreading rumours, teasing
- **Cyber** All areas of internet, such as email, text messages, social media etc.

**Please note that if an incident is not repetitive, if it is intended to cause harm, it should still be reported to a member of staff who will deal with it accordingly.**

## Families

**Nuclear:** The traditional small family of mum, dad and the kids.

**Extended:** Living with or near grandparents or other relatives.

**Single-parent:** Living with just one parent from birth or after divorce.

**Blended:** When 2 families merge, with step-parents or step-brothers etc.

Families are changing! There are now more divorces than there used to be, and less children now.

**Resolving Conflict: de-escalation strategies**

**Let the person talk without interrupting**

**Respect personal space and keep body language open**

**Allow time for silent reflection**

**Focus on an improvement**

**Use techniques like counting to 10 or deep breathing to remain calm**

**Walk away if needed**

**Have important conversations when everyone is feeling calmer**

**Focus on the situation/ behavior, don't make statements about the person**

## RELATING TO OTHERS

