



PSHE
Year 7
Autumn 1: **Bullying** and First Aid

Key vocabulary:

Bullying

Cyber bullying – Electronics used to bully somebody

Emotional bullying – Using somebody's emotions to bully them e.g. saying nasty things to make somebody sad

Physical bullying – Hurting somebody's body in order to bully them e.g. hitting them

Bystander – Somebody that sees an event but does not take part

Assault – Physical attack

There are many people you can report bullying to in the academy.

- Year Team
- Form tutor
- Any member of staff

If you prefer talking to somebody closer to your age we also have ambassadors!

Anti-Bullying Week

How to Deal with Cyber Bullying on Your Phone

"Someone is bullying me through my mobile phone. What can I do?"

Try and remember these tips:

Don't reply to any nasty messages you receive.	Keep the messages you have been sent so you can show someone.	Don't answer any calls from a withheld number, or from a number you don't know.	If it gets really bad, you could change your number.
If you change your number, only give out your number to close friends.	If the problem is serious, tell the police.	Don't keep it to yourself or try to deal with it alone.	Tell an adult you trust, like a parent, grandparent or teacher. It helps to talk.

Mobile phone operators can't stop or block a particular number from contacting another phone, but you can do this on some types of phone. Check your phone user guide to see if you can. Mobile phone companies can only take action on the bully's account, such as blocking it, if the police are involved.

CAN I TALK TO THE POLICE?

Most bullying isn't against the law, but you may be able to talk to the police if someone commits a crime against you, including:

- being violent or **physically assaulting** you
- **sexually assaulting** you
- stealing things from you
- bullying you because of your race, gender or sexual identity, or if you have a **disability**, this is **hate crime**
- sharing or threatening to **share a naked image of you** without your permission.

Physical abuse is when someone is hurting you. This could be hurting you with their hands, their feet, or an object. Some examples of physical abuse are: hitting, smacking and slapping, punching and kicking, scalding or burning you, hair pulling, spitting or throwing things at you.

Examples of sexual abuse include: being touched in a way you don't like without giving permission or consent, someone flashing or exposing themselves to you online or offline, being forced to have sex (intercourse), look at sexual pictures or videos, do something sexual or watch someone do something sexual.

Discrimination is when someone treats you differently, unfairly or worse because of your age, being disabled, your gender identity, your gender, being married, being pregnant, your religion, your sexuality or your race. If somebody harms you because of any of these reasons it is a hate crime.

When you're under 18 it's against the law to send nudes or sexual videos of you to anyone else. It's also against the law for anyone to save or share a nude or sexual video of you. Even if it's a selfie or they're under 18 too.

- SHARP System:** School Help Advice Reporting Page System – Help with any problems you may have in or out of school. This is a CONFIDENTIAL way to stop YOU or a FRIEND or SOMEONE you have seen SUFFERING. [Find out more >](#)
- Anti-Bullying Alliance:** Stop bullying and create safe environments in which children and young people can live, grow, play and learn. [Find out more >](#)
- Kidscape:** Preventing Bullying: A huge range of activities and fundraising events for your school to take part in and help say NO to bullying and promote friendship. [Find out more >](#)
- Gov.uk:** Bullying at School: The law, reporting bullying, bullying outside school and bullying – a definition. [Find out more >](#)
- Cyber Mentors:** A social networking place where you can find out about bullying and what you can do about it and also talk to mentors your own age. [Find out more >](#)
- Childline:** Cyber bullying is when a person, or a group of people, uses the internet, mobile phones or other digital technologies to threaten, tease or abuse someone. [Find out more >](#)
- Digizen:** Information for educators, parents, carers and young people, sharing specific advice and resources on issues such as social networking and cyberbullying. [Find out more >](#)

- CALSA
- Mail
- Remote Access
- ICT Helpdesk
- Victory Academy
- Well-being
- Family Learning
- Careers Guidance
- Self-referrals
- Landing Pad
- Victory Teacher
- Report Abuse
- Explore GSPod
- GCSE Pod
- ClickCEOP
- The SHARP System
- ParentPay Login



What kind of things do people report to CEOP?

- Some of the things children and young people have reported to us include:
- ✓ Someone online has asked me to send them nude images
 - ✓ I shared a nude image with someone online and they are threatening me
 - ✓ I did something that I was embarrassed about on webcam and someone has turned nasty towards me
 - ✓ Someone I don't know is asking me to live-stream and do things I don't want to do
 - ✓ Someone online kept asking me to meet them face-to-face and I feel pressured by them
 - ✓ Someone online was talking to me about sex and it made me feel uncomfortable
 - ✓ Someone online is putting pressure on me to do things I don't want to do
 - ✓ Someone I met in an online game keeps trying to talk to me privately



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First Aid

Anatomy – Bodily structure of humans, animals and other living things.

Immobilize – Prevent from moving

Concussion – temporary confusion or loss of consciousness after a bang to the head

Compression – Applying pressure

Unresponsive – Not responding/unconscious

CPR – Medical procedure administered to keep blood pumping around the body when the heart has stopped

Defibrillator- machine used to administer an electric current to the heart.

Your turn: Severe bleeds

1. Put on gloves



2. Apply pressure to the wound

> (but only if there is nothing stuck in it)



3. Apply a dressing to the wound

> the pad goes over the injury
> use bandage to secure it in place
> make sure the bandage is not too tight
> call 999/112

4. Apply second dressing, if needed

> no more than two dressings at a time



5. If an object is in the wound, do NOT remove

> put a pad on either side of the object
> bandage carefully over the pads without pushing the object in any further



Your turn: Severe head injury

1. Dial 999/112 for emergency help



2. Do NOT move your casualty if you suspect they could have a neck injury



3. Make sure the airway is open



4. Treat any serious wounds

5. Monitor casualty until emergency help arrives



Your turn: Choking

1 Ask:

> 'are you choking?'

2 Encourage

> casualty to cough



3 Give

> up to 5 back blows using the heel of your hand between their shoulder blades



4 Give

> up to 5 'tummy' thrusts (abdominal thrusts)



5 Help

> if still choking call 999/112 for emergency help

6. Repeat the cycle if necessary

> **Remember:** Your casualty could become unresponsive. Be prepared to perform CPR





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Your turn: Recovery position

1. Kneel

- > By the side of your casualty



2. Angle arm

- > Put the arm nearest to you to make a right angle. Palm facing upwards

3. Hand to cheek

- > Bring the arm furthest away across the chest and place the back of their hand against the cheek nearest to you. Hold it there



4. Knee bend

- > With other hand, bend their far knee up so that the foot is flat on the floor



5. Knee pull

- > Pull on the knee to roll the casualty towards you onto their side. Adjust them as necessary



6. Ensure airway is open

- > Recheck breathing
- > Call 999/112
- > Stay and monitor casualty until help arrives



Your turn: Primary

1. Check for danger

- > Always make sure the area is safe



2. Response

- > Check the casualty's response. Ask questions and gently tap shoulders. Say, "Open your eyes!"



3. Shout for help

- > Anyone nearby can assist you

4. Airway

- > If not clear, then open by tilting the head back, use one hand on forehead and two fingers under the chin

5. Breathing

- > Check for normal breathing. Use look listen and feel to check. (Remember 10 seconds)



6. Circulation (only if breathing normally)

- > Check the casualty for bleeding

NB

- > If the casualty is not breathing normally call 999/112 then start CPR
- > If the casualty is breathing normally place them in the recovery position then call 999/112



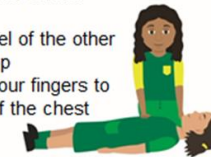
Your turn: CPR

1. Call 999/112

- > Kneel by the side of your casualty
- > Send a bystander for an AED if one is available

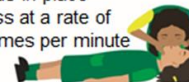
2. Place one hand

- > On the centre of the chest
- > Put the heel of the other hand on top
- > Interlock your fingers to lift them off the chest



4. Press down

- > To a depth of about 5-6cm
- > Release the pressure but leave hands in place
- > Try to press at a rate of 100-120 times per minute



5. Breathe into casualty

- > Open the airway and pinch the nostrils together
- > Take a breath and blow into the mouth until the chest rises
- > Repeat to give two breaths

3. Begin chest compressions

- > Lean over with your arms straight
- > Press downwards on breastbone 30 times

6. Start compressions again

- > Repeat 30 chest compressions with two breaths until help arrives

NEVER do this on someone if they are responsive!

