



Year 7 Character Life @ Leesbrook

Friendship Facts

- #1: Friendships enhance our lives. They make us feel wanted, happy and stimulated. If we are lucky, our friends will push us to be the best versions of ourselves. They will celebrate with us when we are successful, and comfort us when we are sad. They will laugh with us and share in our hobbies and past-times. All of these things, added together, help us to stay mentally and spiritually wealthy. They help us to stay happy.
- #2: Friendships naturally evolve and change as we grow and develop. Whilst this can be difficult, and sometimes very sad, it is entirely normal. What we can be sure of is that we get the friends that we deserve. If we are respectful, kind and compassionate towards others, we will have friends with similar traits.
- #3: We are only human, and there will be times when our friends let us down, disappoint us or are disloyal. Sometimes we will be the friend who lets others down. Often there is nothing that we can do about this, but it is important to learn different ways to repair these relationships once damaged, so that we can forgive and move on without bitterness or the desire for revenge.

Why should we show kindness to others?

1. It makes people **happy** and can cheer them up.
2. If we're kind, other people are likely to be **kind too** - to us and to others.
3. It makes us **feel good** to be kind - we will feel better about ourselves.
4. It makes people **less** likely to feel **depressed**.
5. Being kind creates **happy chemicals and hormones!!!**
6. Evidence shows that **helping others** is actually beneficial for your own mental health and wellbeing.
7. It can help **reduce stress, improve your motivational wellbeing** and even **benefit your physical health**.



The Importance of Kindness

The **#bekind movement** was prompted by the death of Love Island presenter, Caroline Flack. It was inspired by one of Caroline's messages on Instagram in 2019: "In a world where you can **be anything, be kind**". Caroline was experiencing a difficult time in her life, and was struggling with mental ill-health. In the months before her death, she had been hounded by the media and trolled on social media.

Adam Frisby, the 32-year-old founder and CEO of fast fashion brand In The Style, said he was **devastated** by Flack's death and is producing a line of T-shirts to raise funds for charity. "People close to me have suffered deeply with mental health problems, and the news about Caroline took my breath away" he said.

Words have Power!

The words we speak have the power to make **someone feel good about themselves** or **cause harm**.

Harmful	Kind
Hurt	Comfort
Discourage	Enjoy
Bring sadness	Bring joy
Mislead	Inspire

Words and the Law

It is a criminal offence to intentionally harm of slander a person's reputation by using false statements whether they be written or spoken. It is called defamation of character.

Words and People - Rumours

Rumours are pieces of information or stories that are passed between people and are generally untrue. Because they are untrue or embellished they can cause great harm for the person they are being said about. Rumours can ruin friendships, relationships, credibility, LIVES.

Words and Social Media

A troll is someone who posts hurtful or inflammatory comments on social media - normally with the intent of provoking other users into an emotional response. Because social media is a constant feature of our lives, someone can troll anyone 24/7.

Key Terms and Concepts

Organisation

Being systematic, methodical and efficient

Friendship

Relationships in our lives characterised by mutual affection, trust and support.

Kindness

The quality of being friendly, generous, and considerate.

Consequences

The result of a particular action or situation, often one that is bad or not convenient.

Confrontation

A hostile or disagreeable situation between opposing parties / people. It is important to remember that confrontation and conflict is not always a bad thing! Confrontation, when managed calmly and with manners, can be highly productive. Learning how to manage confrontation properly and professionally is also a really important skill - not just for school, but for life and work beyond school.

Bullying

Bullying is the use of aggression with the intention of hurting another person. It results in pain and distress to the victim, who has in no way provoked the bullying. Usually the bullying is a campaign over time against a child, but sometimes there can be just one incident. Bullying can include: Being racist

- Being homophobic/transphobic
- Being sexist
- Being picked on for being the most clever
- Being picked on for being less clever
- Being picked on for being disabled

#IGotYou

Childline's '#IGotYou' campaign encourages young people to remember that just a few words of support can make a massive difference, whether the bullying is happening offline or online.

- Let them know you're there for them,
- Help them to get support,
- Think before you like or comment on something.

The Importance of Organisation

Not being organised can easily leave us feeling unprepared and even a little bit panicked. It puts in a position where we cannot be our best. If you do not approach a task in an organised and methodical way, it will take you longer and you will not be as successful. If you are not organised and practically prepared for your day - making sure before hand that you have the things needed for your tasks and activities - then you will be unable to live your day properly.

Being organised allows us to calmly face the day, knowing that we are prepared and have everything that we need. Good organisation is key to being both calm and successful, as well as being a key part of leadership. The skills needed for good organisation are surprisingly varied, but many of them are skills that you have already practiced and demonstrated.

How To Be Organised: Setting targets and small steps

- Pack your bag the night before.
- Write your HW in your planner.
- Make a HW timetable and display it somewhere prominent in your house.
- Stick to your HW timetable.
- Prioritise what you need to do first, not necessarily what you want to do first.
- Ask for help before you need to submit work.
- Have 5 minutes allocated each night to pack your bag.
- Have a time allocated each morning to double check your bag.

Goal setting

According to Locke (2019), "Every person's life depends on the process of choosing goals to pursue; if you remain passive you are not going to thrive as a human being". There are two goals you should be aware of: short and long term. Short term goals might refer to something you want to achieve this week or very soon. Long term goals might be achieved at the end of the term or year.

What does an organised person look like?

Organised people:

- Write things down
- Ask for help when they need it
- Plan ahead
- Work well in a team
- Avoid negative thoughts.

Problem solving

Problem solving skills are highly sought after by employers as many companies rely on their employees to identify and solve problems. In order to be effective at problem solving, you are likely to need some other key skills, which include:

- Creativity
- Research skills
- Teamwork

How are you developing these skills now?

Making goals SMART

- S** - Specific
- M** - Measurable
- A** - Achievable
- R** - Recorded
- T** - Time based

Think about some of your own goals – are they SMART?

Organisation: What does it Look Like?

What great people have said about organisation

"Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success." **Pablo Picasso.**

"Organising is what you do before you do something so when you do it, it is not all mixed up."

A.A. Milne

Organising an event – London Marathon

40,000 people run in the London Marathon every year. 1,263 portable toilets lined the course, with an additional 400 urinal bays at the start. 300 litres of blue paint marked out the course and 1,200 incredible St John Ambulance volunteers were on hand. 750,000 bottles of Buxton mineral water were distributed.

Think of an event which you could organise. What do you need to consider?

Organisational techniques

- Avoid distractions – put the phone away!
- Create a task list each day – make it a short list and cross each task off when it is complete.
- Tidy as you go. Put things back after you finish.
- Create a weekly planner and put it in a place in your house where you can see it every day.
- Make time for homework and clubs.

Being organised at school

If you are organised at school you are far more likely to be successful. Where do you need to demonstrate organisational skills throughout the day? How successful are you? How do you know? What would your teacher say about your organisational skills?