

SCHOOL ESSENTIALS

Wall Charts

from only £3.95

UP TO 20% DISCOUNT
when ordering online.

BULLYING: THE FACTS

Bullying, in some form, occurs in EVERY school. It is important that the signs are recognised early so appropriate and effective action can be taken.

FORMS OF BULLYING

- Intimidation and threats
- Name-calling
- Spreading nasty rumours
- Stealing money or belongings
- Mocking
- Physical violence
- Gossiping/gossiping
- Bullying lies to people in authority to cause trouble
- Smoking, using a mobile, text messages etc.

WHY DO THEY BULLY?

There are many reasons why people become bullies:

- difficult home life
- jealousy of their target
- insecurity

Bullies are the weak ones, not their targets.

WHAT THEY LOOK FOR

The bully may make remarks about:

- weight
- hair colour
- looks
- popularity
- colour
- bad marks
- religion
- wearing glasses
- family
- disability

Bullies usually target someone who won't stand up to them.

Remember! TELL SOMEONE!

- You MUST tell someone straight away if you are being bullied.
- Friends, teachers and parents can all help.
- Bullies can be scaring and are good at getting away with it. They will make you believe that telling someone will make things worse. This is NOT true.

BULLY (top left arrow)
JEALOUS (top right arrow)
COWARD (bottom left arrow)
WEAK (bottom right arrow)

MOTIVATION

How do you motivate yourself to do your best?

What is a goal? Why do we need goals?

How do you set a goal? What are the steps?

How do you stay motivated? What are the tips?

How do you overcome obstacles? What are the tips?

NUTRITION

What is nutrition? Why do we need nutrition?

What are the different types of nutrients? What are the benefits?

How do we get nutrients? What are the sources?

How do we eat healthily? What are the tips?

WE CAN SAVE THE EARTH

What is recycling? Why do we need recycling?

What are the different types of recycling? What are the benefits?

How do we recycle? What are the tips?

How do we save energy? What are the tips?

- **Colourful and informative**
- **Curriculum based content**
- **Reinforces key concepts**

Follow us on...



MOTIVATION

Motivation is what makes us want to do something.

To be motivated to learn we need to know how learning will help us achieve our goals. Goals can be specific: I want to be a scientist, or Goals can be vague: I want to be successful.

Goals are broken down into smaller steps which we call targets. We need to make sure that targets are:

- SPECIFIC** - What do I want to achieve?
- MEASURABLE** - Will I know when I have hit my target?
- ACHIEVABLE** - Can I do this in the next few weeks?
- REALISTIC** - Am I really able to do this?
- TIMED** - Have I set myself a deadline for this target?

The most effective targets are those which we set ourselves.

Targets are the milestones which line the road to our goals.

Knowing where you are going will motivate you to stay on the road to learning.

Motivation

Paper - **MOT001** Laminated - **MOT001L**

SELF-ESTEEM

Self-esteem is how much a person likes, accepts and respects themselves. Feeling good about ourselves is important if we are to believe that we can succeed.

Concentrate on how you felt when you think about:

- the last time someone said thank you to you.
- something you have learned to do recently.
- the most difficult thing you have ever done.
- your greatest reward.

When the going gets tough, remind yourself of a previous success. It will give you the confidence to carry on.

HOW TO BOOST YOUR SELF-ESTEEM

- make a list of things you are good at.
- reward every success no matter how small.
- accept that no one is perfect, that you are important and deserve success.

If you like and respect yourself, others will too.

Self-Esteem

Paper - **MOT002** Laminated - **MOT002L**

NEGATIVE OR POSITIVE

You have the power to change a situation from negative to positive just by changing your attitude.

On the one hand...

- I hate school.
- I can't do this.
- This is too hard.
- It's/She is better than me.
- The award of getting it wrong.
- This is boring.
- People don't like me.

A negative attitude is a barrier to learning.

On the other...

- What can school do for me?
- I'll see how far I can get if I try.
- This is a challenge.
- How much have I improved?
- What do I need to do to improve?
- What can I achieve here?
- What can I do to be a better person?

A positive attitude opens doors to endless opportunities.

"If you think you can or think you can't, you're absolutely right!"
- CAROL KEMP (contributor), founder of the Ford Motor Company.

Negative or Positive

Paper - **MOT003** Laminated - **MOT003L**

PERSISTENCE

Refusing to give up, especially when the going gets tough.

A vital part of learning is taking risks. Even a go and don't worry about what will happen if you make a mistake.

The fear of failure cycle

The surest way to fail is never to try.

Failures can be seen as stepping stones to success.

"It's how you deal with failure that determines how you succeed!"
- GARY HINDSLEY, professional golfer.

Persistence

Paper - **MOT004** Laminated - **MOT004L**



Values
 Paper - **MOT005** Laminated - **MOT005L**



Teamwork
 Paper - **MOT007** Laminated - **MOT007L**

Bullying & Prejudice

Paper - £3.95 each
 Laminated - £7.50 each



Bullying: The Myths
 Paper - **PSHE001** Laminated - **PSHE001L**



Bullying: The Facts
 Paper - **PSHE002** Laminated - **PSHE002L**

Bullying & Prejudice

Paper - £3.95 each
Laminated - £7.50 each

DON'T BE A VICTIM

If you are being bullied you must take positive action to stop it.



DON'T SHOW THE BULLY YOUR FEELINGS

- Don't show the bully how upset you are - break off noisy conversations.
- When talking to teachers, do it discreetly.

TAKE CARE

- Reduce possible contact with the bully.
- Take a different route home, or all leave to the driver on the bus.

TELL SOMEONE

- Tell a friend, teacher, parent or grandparent.
- The bully won't stop until you tell someone.

RECORD EVENTS

- Write down everything that happens, as it happens, even name-calling.
- Show this log to the person you tell.

BE PERSISTENT

- Bullies can make it look like it's not happening.
- Keep telling someone until they have stopped the bullying.
- You may feel weak and that is why you are being bullied. **NOT TRUE!**
- Bullies are weak, cowardly and inadequate.
- Threats and intimidation are the only way they know of making their mark.

DON'T BE CONFUSED

Don't be a Victim
Paper - **PSHE003** Laminated - **PSHE003L**

PREJUDICE IN SOCIETY

If we treat people badly, or even differently, because something about them is different from us, it is known as prejudice. There are many reasons why people suffer prejudice in society, here are the most common.



RELIGION

- Many people have different beliefs and faiths.
- Prejudice can be based on what you believe. It is wrong to discriminate on the basis of religion or different beliefs, even in the public domain.

DISABILITY

- Many people find it awkward to be around disabled people. This is often because they do not understand what the person's disability is.
- People with disabilities are often treated differently because they are different to most people. This can be because people do not understand what the person's disability is.

RACE

- Prejudice is based on your skin colour and background.
- There are many reasons why people are treated differently because of their race and background.
- Discrimination - treating people unfairly because of their race - is wrong. There can be no excuse for this.

GENDER

- People are often treated differently because of their gender.
- It is wrong to treat people differently because of their gender.

Prejudice in Society
Paper - **PSHE004** Laminated - **PSHE004L**

EVERYBODY'S DIFFERENT

All four people in the world are the same. It is important to remember this.



Race, age, religion, culture, skin colour, sexuality, hair colour, size, disabilities and attitudes are all differences.

All people are equal!
Everyone deserves equal respect.

To treat someone differently because they are not the same as you is known as prejudice.
Prejudice is wrong!

Everybody's Different
Paper - **PSHE005** Laminated - **PSHE005L**

PEER PRESSURE

Your peers are the people around you that are in a similar situation, like your friends at school. The relationships the have with you, however, can be very influential, having both positive and negative results.

WHAT IS PEER PRESSURE?



Peer pressure is when you have to do something, whether or not you want to, because of your friends.

What you think, feel and do, can change in the way that is influenced by your friends.

It does not just affect children and teenagers, adults can also be affected by peer pressure from their peers.

POSITIVE INFLUENCES



Our friends can influence us to do good things and activities.

Our friends having high expectations of themselves, can lead to the same in us.

Remember, not being good at something can often be learned over time and practice.

NEGATIVE INFLUENCES



It can be difficult to stand up to the peer pressure you receive, if someone else disagrees.

Peer pressure is often to convince why children start smoking, take drugs or have sex.

Peer pressure can lead to less self respect if you receive offers to hang out with your friends, therefore.

Peer Pressure
Paper - **PSHE034** Laminated - **PSHE034L**



Health Risks
Paper - **PSHE014** Laminated - **PSHE014L**



Nutrition
Paper - **PSHE015** Laminated - **PSHE015L**



The Food Pyramid
Paper - **SC011** Laminated - **SC011L**



Vitamins and Minerals
Paper - **DT020** Laminated - **DT020L**



Exercise More!
Paper - **PSHE016** Laminated - **PSHE016L**



Why Exercise?
Paper - **PSHE017** Laminated - **PSHE017L**

Set Discounts

Purchase any of the following Wall Chart sets and **save up to 10%**.

'Motivation' Set of 6

Paper: **5% discount - £23.70 £22.52**

Laminated: **10% discount - £45.00 £40.50**



'Bullying & Prejudice' Set of 6

Paper: **5% discount - £23.70 £22.52**

Laminated: **10% discount - £45.00 £40.50**



'Healthy Living' Set of 6

Paper: **5% discount - £23.70 £22.52**

Laminated: **10% discount - £45.00 £40.50**



Pocket Posters are a simple and affordable reference book that will help children identify and deal with the difficult issues associated with the school environment and growing up.

Social Education & Motivation

Code: PP-PSHE-01

This Pocket Poster book covers the following topics:

- Everybody's Different
- Peer Pressure
- Persistence
- Prejudice in Society
- Personal Conflict
- Values
- Bullying: The Myths
- Friendship
- Teamwork
- Bullying: The Facts
- Motivation
- Don't be a Victim
- Negative or Positive



Sex Education

Code: PP-PSHE-02

This Pocket Poster book covers the following topics:

- Contraception
- Reproductive Organs
- Puberty in Boys
- Sex: Why and When?
- Puberty in Girls
- Sexually Transmitted Infections



Healthy Living

Code: PP-PSHE-03

This Pocket Poster book covers the following topics:

- Health Risks
- The Food Pyramid
- Why Exercise?
- Vitamins and Minerals
- Exercise More!
- Keeping Clean
- Nutrition



Facts about Drugs

Code: PP-PSHE-04

This Pocket Poster book covers the following topics:

- Facts About Smoking
- Facts About Cocaine
- Facts About Alcohol
- Facts About Solvents
- Facts About Cannabis
- Facts About Heroin
- Facts About Ecstasy



A helping hand throughout the year for as little as 75p

Quantity [†]	10+	50+	100+
Individual Books	£1.00	90p	75p
Pack of 4 Books	£3.50	£3.25	£3.00

[†] Minimum order of 10.

School Essentials Order Form

Mr/Mrs/Ms/Miss: Position:

School/College:

Address:

..... Post Code:

Tel. No. Fax. No.

E-mail:

We can accept your order online, by e-mail at sales@daydreameducation.co.uk,
by post or by fax on 0844 800 1664 - **UK only**

Description	Code (Paper)	Price (Per Item)	Quantity	Code (Laminated)	Price (Per Item)	Quantity	Total
Motivation - Set of 6 Wall Charts	SE-S1	£22.52		SE-S1L	£40.50		£
Bullying & Prejudice - Set of 6 Wall Charts	SE-S2	£22.52		SE-S2L	£40.50		£
Healthy Living - Set of 6 Wall Charts	SE-S3	£22.52		SE-S3L	£40.50		£
							£
							£
							£
							£
							£
							£
							£
							£
							£
							£
							£

Postage and Packaging							Total	£
Order value up to £35.00	- £3.95						Postage and Packaging	£
Order value over £35.00	- £5.95						Sub Total	£
*Non-mainland & Scottish Highlands	- £7.95						VAT	£
**Next day delivery	- £7.95						TOTAL	£

Description	Code	Price (Per Item)	Quantity	Total
P.S.H.E. - Social Ed. & Motivation Pocket Poster	PP-PSHE-01	£1.00		£
P.S.H.E. - Sex Education Pocket Poster	PP-PSHE-02	£1.00		£
P.S.H.E. - Healthy Living Pocket Poster	PP-PSHE-03	£1.00		£
P.S.H.E. - Facts about Drugs Pocket Poster	PP-PSHE-04	£1.00		£
Set of 4 P.S.H.E. Pocket Posters (contains one of each)	PP-PSHE-S4	£3.50		£

VAT - is NOT applicable on Pocket Posters.							Postage and Packaging	£
							TOTAL (B)	£
							TOTAL (A+B)	£

