

'SERVING GOD THROUGH LEARNING TOGETHER

PSHE

BEHAVIOUR & ME



Please

Danke

THANK YOU

EXCUSE ME

Pardon

Sorry

Merçi

Grazie

Dziekuje

Salamat

'Serving God Through learning Together'

This week PSHE has three aims:-

- The opportunity to think about our behaviour in and outside school.
- To understand the importance of having good manners.
- To understand the importance of courtesy and respect to others.



Theme: Being the Light of Christ

Gather

Yn enw'r Tad a'r Mab a'r Ysbryd Glan, Amen.

Leader: As we gather in God's presence, let us take a moment to become still. Let us leave behind the distractions of the morning and remember that we are loved by God and called to share that love with others.

(Pause for silence)

Being the Light of Christ

Scripture

"You are the light of the world. A city built on a hill cannot be hidden. Let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

Matthew 5:14-16

Reflection

Jesus tells us that we are the light of the world. He does not say that we might be a light or that only some people are a light. He says that each one of us is called to shine.

In school, our light shines when we choose kindness over criticism, honesty over deceit, and courage over silence. It shines when we help someone who is struggling, stand up for what is right, and include those who feel left out.

Sometimes the world can feel negative. We hear about conflict, injustice and suffering. Yet Christ challenges us not to contribute to the darkness but to bring hope and light.

Being The Light of Christ

Today, consider

- Who needs encouragement from me today?
- How can my words reflect Christ?
- What can I do today that will make my school community better?

(Pause for silent reflection)

Prayer

Loving Father,

You created us in your image and filled our hearts with your love.

Help us to shine as disciples of Christ in our school, our homes and our community.

When we are tempted to be selfish, help us to be generous.

When we are tempted to judge others, help us to be compassionate.

When we are afraid to do what is right, give us courage.

May our words bring hope, our actions bring peace, and our lives bring glory to you.

We ask this through Christ our Lord. Amen

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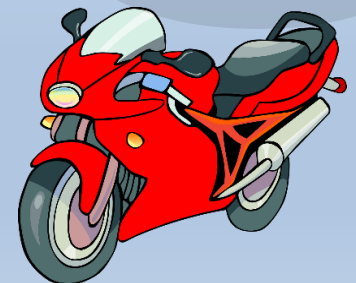


What is behaviour and why does it matter?

Behaviour is the way a person acts towards others. Behaviour can mean the things someone says or does. Behaviour can be good or bad; normal or unusual; healthy or unhealthy.

Your behaviour says a lot about your personality as well as how you want other people to treat you. Let's look at an extreme example: if Sam steals a motorbike, that would be criminal behaviour and Sam would get sent to jail for theft. Sam would have a criminal record for the rest of his life which would affect what types of job he could get.

Not only would Sam be in jail because of his behaviour, he would also have had a negative impact on the life of the person he stole from. Let's imagine that the person who owned the motorbike needed the motorbike to deliver parcels to other people. Those other people wouldn't get their parcels because Sam stole the motorbike. The person who owned the motorbike might lose their job because of this. **So, one person's behaviour can affect a lot of people.**



BEHAVIOUR & ME



On the other hand, it's not just bad behaviour which can have an impact: positive behaviour can really make a difference to people's lives too. Let's consider another example: imagine that Bart notices Joel is sitting alone at lunch looking sad. Bart decides to go and sit next to Joel and the two have a nice conversation. Joel starts to feel happier and less lonely. Joel then has a good day at school and goes home happy. Joel's parents are happy to see him happy. Joel starts to feel better about being at school. Bart also feels happy to have made a friend. Bart and Joel's teacher is happy to see the class getting on better. The class learns better as everyone's behaviour starts to improve.

Now let's think about how different behaviour could change the two examples we have read:

- How could good behaviour change what Sam did in the first example? (hint: what could Sam have done differently?)
- How could bad behaviour have changed what Bart did in the second example? (hint: what could Joel or Bart have done that would have been negative instead of positive?)



What do we mean by good behaviour and bad behaviour?

‘Good behaviour’ means saying and doing things which help everyone (including yourself) to do well and succeed. Good behaviour can include things like: practicing the virtues, being polite, cooperating with people, helping when needed, obeying the law, being a good friend, working hard, using your God-given talents and skills to achieve good outcomes.



‘Bad behaviour’ means saying and doing things which are harmful to people (including yourself). Bad behaviour can include things like: being mean, cheating or lying to people, hurting people, breaking the law, using your God-given talents and skills to achieve bad outcomes.

Sometimes what we call ‘good behaviour’ and ‘bad behaviour’ depends on the situation. For example, if you’re in the school corridor where people are working in the classrooms it is usually not good behaviour to be talking loudly or shouting. However, if you’re calling the emergency services to report an accident on a busy road, then speaking loudly would be a good idea!



What is respect and what does it have to do with behaviour?

Respect is important to most people. If someone respects you, it means they recognise that you are a person who deserves to be treated well. Sometimes respect can go further than that and mean admiration. For example, you might really respect someone who you look up to, like a particular footballer or singer. However, that kind of respect is different to having basic respect for people.

You might have heard the saying: “in order to get respect, you have to give respect”. This means you have to treat people well if you want to be treated well yourself. Some people think that in order to get respect, you have to show people how scary or dangerous you are. This is a common misunderstanding about how respect really works. If you try to scare people into respecting you, all you really get is fear. True respect comes from treating people decently and fairly. That doesn't mean being a pushover but it does mean recognising that people, including yourself, have rights.



Good manners cost nothing.

But while these gifts are free to give, the simple offerings of being polite and kind — like saying please and thank you, listening carefully, and making eye contact with people — can bring huge benefits to ourselves and those around us.



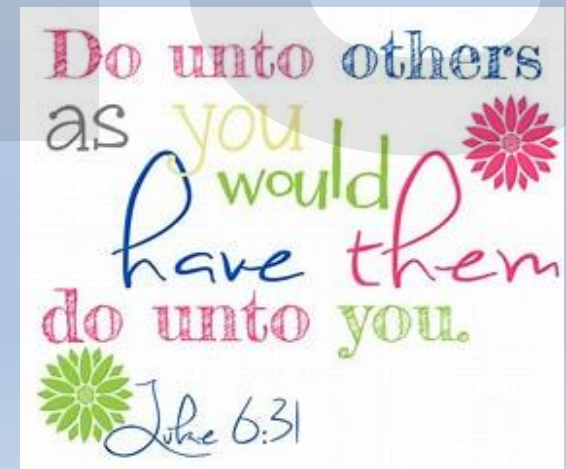
Having good manners can help us appear more confident, maintain more fulfilling personal relationships, lead to us prospering at work and generally enjoying happier and healthier lives.

Good manners, courtesy and respect go hand in hand with behaviour.

By living more mindfully, it can lead to us naturally having better manners and help us to live a more prosperous life — without spending a penny.

What are good manners?

- By practicing basic good manners, we are showing those around us that we respect them and are considerate to their feelings. This makes them feel better, and us too and leads to better behaviours.
- Most of us have heard the golden rule spoken by Jesus: **“Do unto others as you would have them do unto you.”** (Luke 6:31) This wisdom is so ingrained in our life lessons.
- Examples of good manners can manifest themselves in seemingly small actions and rewards — like holding the door open for someone and receiving a silent smile of recognition in return. But it can also make or break crucial relationships and be the difference between harmony and conflict at home, at work, or even between countries and cultures on the world stage.



Manners

Ways of behaving with reference
to polite standards



Courtesy

Excellence of manners or
social conduct; polite
behaviour



Respect

To show proper acceptance or courtesy.
To treat with consideration and
politeness.
is having good table manners.





We have school rules to make sure our community runs smoothly.



☐ **What are the school rules?**

Think about a time when you have behaved inappropriately?

Try to explain why you chose to behave that way.

Try to explain how you were feeling inside at the time.

How did your behaviour affect others?

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Our choice of actions can
affect other people.
We do not have to
behave like we do. We
have other options.



- ☐ Why is it important to have good manners and be courteous to people around us?
- ☐ Do you like other people to be courteous and polite to you and treat you with respect?

Imagine the following situations and then discuss your opinion and ideas as a form.

- ☐ You are waiting to get on the bus. You start to push and shove other pupils out of the way and rush to get on the bus before the people who were queuing.

What is wrong with this situation?
What is wrong with your manners and how should you wait for and behave on the bus? What do you think the other people think of you?



- You are with your friends in a local shop. There are adults in the shop too. You and your friends start to point and laugh at one old lady's hat. You poke fun at her and start to use bad language.

How have you shown a lack of respect?
How would the lady and the others in the shop have felt?

Look at the statements below. Which ones do you agree with? You MUST use the word 'because' to explain your opinion and say whether you agree or disagree in a polite manner.

1	If people are walking through a door, I will try and get through first	X or ✓
2	I will hold a door open for people to get through first.	
3	If I have a bag of chips, I will eat them all myself.	
4	If I have a bag of chips, I will offer to share them with my mate.	
5	Why should I respect other people? They do not respect me!	
6	I should show respect to others and care about their feelings.	
7	I think it's good manners to queue up sensibly and calmly.	
8	I think it's stupid to queue up. I just push to the front; I put myself first.	
9	If adults are on the bus, I shout and swear because I know it annoys them.	
10	If adults are on the bus I respect their wish to travel quietly.	
11	If I see someone carrying heavy things, I will ask if they need any help.	
12	If I see someone carrying heavy things, I just let them get on with it.	
13	If an older person is in their garden, I will throw my litter over their fence.	
14	I respect older people and do not make their lives difficult. 'Serving God Through learning Together'	

Agree or Disagree



- Some people think it's cool to show disrespect to people and to use bad manners.
- Our role models are people we look up to and respect. Sometimes we copy their behaviour. If they show lack of respect, so do we.
- When I show a lack of respect, it's because I don't care about other people.
- No one can tell me how to behave.
- My behaviour has to be appropriate to the time, the place and the situation.



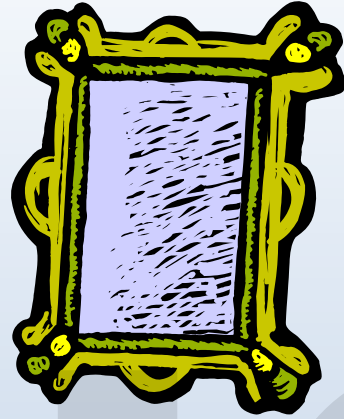
Why is respectful behaviour important online?

People often get into conversations online with strangers. This might be through playing a game together or through online chat functions. It's important to keep the conversation respectful just in the same way that you would be respectful in real life. However, just like in real life, if a stranger is making you uncomfortable, it is important to leave the situation.

Showing respect to others online matters because, just like in real life, words have consequences. What you say to people on messaging apps and social media can be recorded and tracked, and cyber bullying can have just as serious an impact as bullying in real life. Similarly, if anyone is harassing you online, that is also a very serious issue which can be reported and dealt with, just like it would be in real life. You can help other people to respect your privacy online by not giving away your personal information.



Reflection



- ☐ Why are manners, courtesy and showing respect important?
- ☐ What impact could it have on your future if you choose to use no manners, or show courtesy or respect?
- ☐ How will people treat you if you aren't well mannered, courteous and respectful?

IT'S NICE TO BE IMPORTANT...



**BUT MORE IMPORTANT
TO BE NICE.**

May the words of my mouth
and the meditation
of my heart be
pleasing to
you, O Lord,
my rock and
my redeemer.

- Psalm 141:2

