

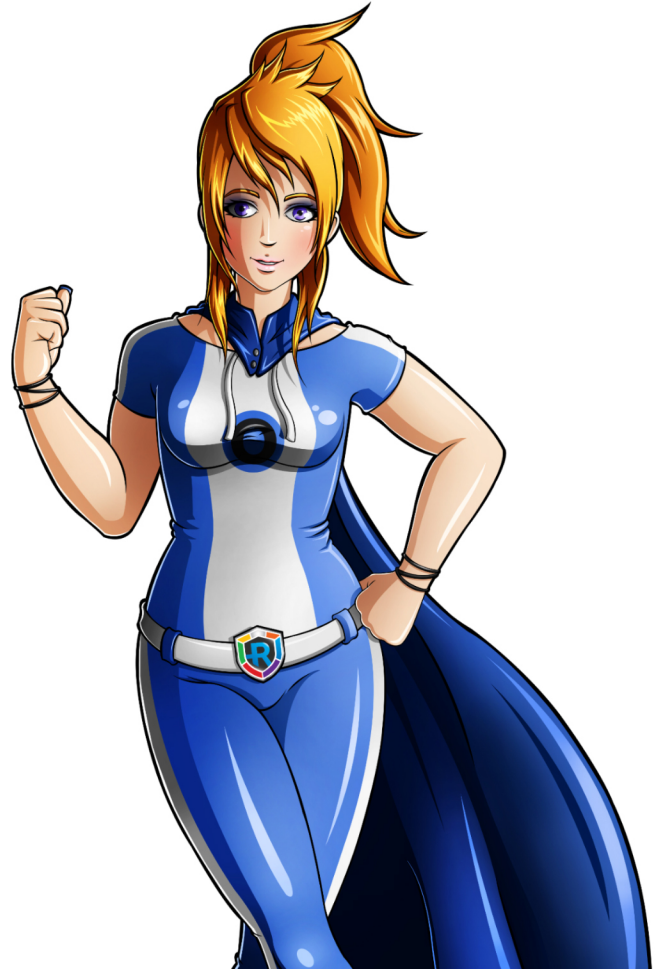
SUPERHERO ACADEMY



RESOLVEit
EVERYONE HAS THE RIGHT TO FEEL SAFE

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- ☆ **Purple to Black**
- ☆ **Black**



About **SUPERHERO ACADEMY**

Celebrating PSHE through a new, creative and innovative online portal

With the use of an innovative online portal, RESOLVEit's Superhero Academy allows children and teachers to work through the key contents that underpin the KS2 PSHE requirements in a fun, modern and interactive way.

Within the Superhero Academy packages, schools and staff will have access to an introductory set of basic self-defence videos, interactive PSHE workbooks, certificates, quizzes and downloadable lesson plans.

Children will follow the superheroes on a journey of life and self-defence skills, progressing through the stages of the Superhero Academy with workbooks and interactive games. This will help them to learn and harness the values of being respectful, loyal, sincere and empathetic.

As well as learning to celebrate theirs and others uniqueness; becoming empowered and virtuous individuals.



FOREWARNED IS FOREARMED...

Our personal safety syllabus is fun, interactive and theoretical, covering topics such as:

- Friendships and relationships
- Bullying
- Equality and diversity
- Personal safety and self-defence
- Communication
- Anger awareness



YOUR CHILD'S SUPERHERO JOURNEY



RESPECT

As the first superheroes at the academy, the Respect superheroes will teach children how to be respectful to others and themselves.



SINCERITY

Being genuine, honest and true are the skills they'll learn from the Sincerity superheroes.

EMPATHY

Next they'll learn powers in empathy. Having empathy is a key ingredient in becoming the best superhero they can be.



ORIGINALITY

The Originality superheroes will help them celebrate how amazing they are and to recognise theirs and others' uniqueness, accepting them regardless of age, religion, race, gender or style.





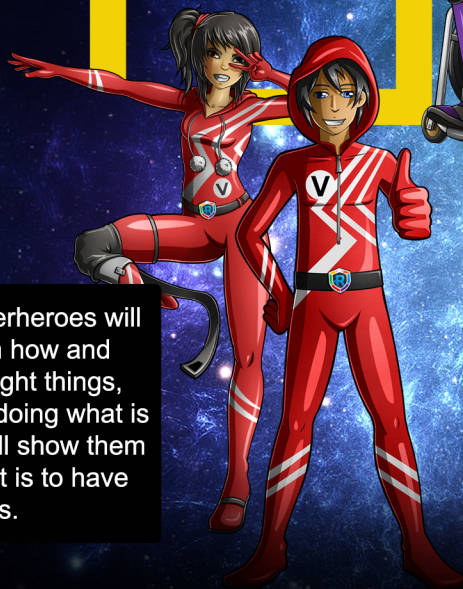
LOYALTY

The Loyalty superheroes will help equip them with the skills to become loyal, caring and confident superheroes.



EMPOWERED

The Empowered superheroes will help the children to become a stronger and a more confident version of themselves.



VIRTUE

The Virtue superheroes will help them learn how and why to do the right things, while avoiding doing what is wrong. They will show them how important it is to have excellent morals.

DETERMINED

The Determined superheroes are the final stage in the academy. They've developed all the superhero powers that can help them stay safe and to resolve situations positively, with a superhero attitude.



FINISH



PERSONAL SAFETY & SELF DEFENCE

RESPECT



LEVEL 1

RESPECT AND UNDERSTANDING



Children will aim to understand what respect means and how important it is to respect themselves and others.

Respect and Understanding

Aims of this session:

- ☆ Understand and explain what respect means
- ☆ Understand what it means to respect yourself and others
- ☆ Learn skills to resolve any misunderstandings

**RESPECT
SHOW IT
EARN IT**



RESPECT is...

1. Treating others the way you want to be treated
2. Showing kindness and consideration
3. Liking yourself enough to be yourself
4. Accepting others for who they are



How to show RESPECT

Examples of RESPECT:

- ☆ We speak respectfully, even when we are upset with each other
- ☆ We show respect for others by letting them go ahead of us or giving them the seat or treat
- ☆ We close doors quietly and gently
- ☆ We don't make fun of others when they are having trouble with something, when they make a mistake, when they get hurt or if they are different
- ☆ We are silent when our parents/the grown-ups are talking and actively listen to what they say
- ☆ We take good care of our furniture, clothing, toys, books and gadgets like ipads





Children will learn how important it is to be comfortable with who they are and to appreciate how unique everyone is.

All About You

Aims of this session:

- ☆ Understand what makes you
- ☆ Understand how people are different
- ☆ Understand why it is important to be you



YOU ARE AMAZING JUST THE WAY YOU ARE



Challenge 2

You are a top secret agent and as one of your missions you must find out about your partner in 5 minutes.




Challenge 1

You are a top secret agent and as part of your training you must make sure the secret services know what makes you, **YOU!**

Secret Agent

Name: _____

Code Name: _____

Specialty: _____






PERSONAL SPACE

SUPERHERO SHIELD



LEVEL 1

WHITE to YELLOW

EMPATHY



LEVEL 2



Children will discuss the meaning of first impressions; how it can have a lasting affect on people and how important body language and tone of voice is when first meeting someone.

First Impressions

Aims of this session:

- ☆ Understand the importance of first impressions
- ☆ The importance of body language
- ☆ The importance of being a good listener
- ☆ To compliment others
- ☆ To offer others assistance

Superhero challenge

- ☆ In a pair without speaking to your partner, think of at least five things you **THINK** he or she likes (e.g., favourite colour, activities, music, food).
- ☆ Base your ideas only on what you can learn about your partner from what you can see.

Compliment others

- ☆ Look for things you like in a person, **then tell them**
- ☆ Never give a fake compliment



Children will learn what friendship means, how to form lasting friendships and how to handle disagreements more maturely.

Friendship

Aims of this session:

- ☆ Understand what being a friend means
- ☆ How to handle arguments and disagreements maturely
- ☆ How to keep friendships growing
- ☆ Tips for friendships

Friendship game

I like friends who...

Everyone sits in a circle.

One after the other they say, "I like friends who," then give their answer.

The second go everyone must say something different and **act it out!**

Tips

- ☆ If you hear someone else gossiping about your friend, stand up for them. Say, "That's my friend, and you shouldn't be talking about him/her like that."
- ☆ Even if you haven't spoken to an old friend in years, it doesn't mean that you're not friends anymore. Reach out and see if you can pick up where you left off.
- ☆ Don't try to rush the friendship. If you do, your friend might get confused or scared and turn in the other direction.
- ☆ If your friend is not trying to maintain the friendship, you should talk to him or her about it. If he or she still doesn't want to put in the work, it might be best to give them some time.

THE HERO PALM DEFLECTION



SECRET HERO WRIST RELEASE 1



LEVEL 2

YELLOW to ORANGE

SINCERITY



LEVEL 3



Children will learn what trust means and how lying can affect both friendships and whether people trust them.

Trust

Aims of this session:

- ☆ Understand what trust, truth and lying means
- ☆ Understand why we tell lies
- ☆ Understand why it is necessary to tell the truth
- ☆ Understand how lying can affect people trusting you

RESOLVE!!

RESOLVE!!

Is it wrong to lie?

- ☆ Why should you tell the truth and not tell lies?
- ☆ Could it be dangerous?
- ☆ Would you trust someone if they lied?

RESOLVE!!



Children will learn how to resolve situations and identify how to recognise anger triggers in themselves and others.

Anger Triggers

Aims of this session:

- ☆ Understand what anger means
- ☆ Understand the feelings around anger
- ☆ Understand the signs when you are getting angry
- ☆ Learn some ways to calm yourself

ANGER THERMOMETER

5 Out of control

4 Need a break

3 Angry

2 A little mad

1 Good to go

Why do you get angry?

- ☆ An adult tells me off
- ☆ I feel left out
- ☆ My sibling and I fight
- ☆ I break something
- ☆ I lose in a game/match
- ☆ I can't work something out
- ☆ Someone hurts me
- ☆ Someone picks on me

Grab a stress ball and squeeze really hard to relieve stress

An adult that can stop in to help

A quiet, calm place

Slow, deep breaths

Stop and think how your actions will affect yourself and others

SECRET WRIST RELEASE 2

THE HERO DOUBLE HANDED WRIST RELEASE



LEVEL 3

ORANGE to BLUE

ORIGINALITY



LEVEL 4



Children will learn how body language can speak 'a thousand words' using role plays and different scenarios.

Non-Verbal Communication

Aims of this session:

- ☆ Understand what non-verbal communication is
- ☆ Understand what body language is
- ☆ Understand how body language works in communication

Without my voice, how can I...

How it works

What would you think if a person has a big smile on their face?

Would you think a person is confident if they were looking to the floor, slouched posture and head down?

RESOLVE!

Create a mime!

Can you show how **not** speaking can help you to communicate, understand others and be a better listener?

RESOLVE!



Children will aim to understand how listening actively is a key life skill that shows respect and attentiveness to what is being said.

Active Listening

Aims of this session:

- ☆ Understand what active listening is
- ☆ Understand how listening actively can help yourself and others
- ☆ Understand how body language is an important aspect of being respectful and attentive






Group Juggle Game

Everyone in the group must stand in a circle.

The teacher then calls out a series of numbers that are linked to actions.

1. On your backs
2. On your feet
3. Spin around
4. Touch the floor

This can be made competitive by seeing who is listening and responding the quickest to the commands.

The benefits of being an active listener

- ☆ Understand people better
- ☆ Helps to understand the task first and avoid having to go back to the original instructions time after time
- ☆ Tend to build trust with others
- ☆ Tend to avoid misunderstanding




**THE HERO SIDE STEP
TO EVADE THE
FRONT OR REAR LEG**



The Hero Side Step
To Evade
The Front Or Rear Leg



FRONT LEG

GRAB OR STRIKE
>>>>>>

Front foot
first



REAR LEG

ATTACK
<<<<<<

Back leg
moves
first



LEVEL 4
BLUE to GREEN

LOYALTY



LEVEL 5



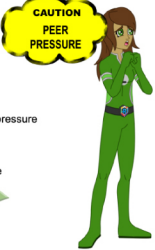

Children will learn what peer pressure means and how to deal with negative pressure confidently and positively.

Peer Pressure

CAUTION PEER PRESSURE

Aims of this session:

- ☆ Defining peer pressure
- ☆ Understanding why people give in to negative peer pressure
- ☆ Dealing with negative peer pressure
- ☆ Understanding how to walk away from peer pressure



Dealing with negative pressure

Feeling pushed to do something you think is wrong?
Learn to recognise the signs!

If you feel a bit scared, how does your body tell you?

- ☆ Your legs feel shaky.
- ☆ Your mouth feels dry.
- ☆ Your tummy feels full of 'butterflies' or you feel sick.
- ☆ Your heart beats faster.
- ☆ Your head feels hot or cold.

Do you have any different signs?





Choosing what to do

How to say no!

- ☆ Just say No! Keep on saying it.
- ☆ Leave, so that you can't be persuaded.
- ☆ Pretend you haven't heard and walk away.
- ☆ Make an excuse. "Can't stop now, got to go..."
- ☆ Talk about something else that they are interested in and don't let them change the subject.
- ☆ Laugh. "I thought you said... You've got to be joking!" Then change the subject or leave - still laughing.
- ☆ Pretend to be shocked or amazed.
- ☆ Give friendly advice: "That could be a dumb thing to do. Whose idea was it? You're too smart to get into that."

JUST SAY NO



Children will learn what bullying is and how it can affect people, friendships and lives. They will have a greater awareness of how to get help and who they could speak to.

Understanding Bullying

Aims of this session:

- ☆ Understand what bullying is
- ☆ Is bullying normal?
- ☆ Why does bullying happen?
- ☆ Who gets bullied?
- ☆ What harm does bullying do?

BULLYING = NOT COOL

What is bullying?

- ☆ Bullying can take many forms
- ☆ It can include name calling, teasing or saying untrue things about someone
- ☆ It can also be physical, for example pushing, hitting or kicking
- ☆ Bullying can involve taking money or using words or actions to make someone do something they don't want to do
- ☆ Bullying using mobile phones includes sending unkind texts as well as filming or taking photos without asking them
- ☆ Cyber bullying is bullying on the internet, using email, instant messaging or social networking sites to scare, be mean or spread rumours about others

Who gets bullied?

- ☆ Those with disabilities
- ☆ Those with learning difficulties
- ☆ Those who are very shy
- ☆ Those who have difficult or unusual home lives
- ☆ Those from different ethnic backgrounds
- ☆ Those who look or dress different
- ☆ Those with different interests/hobbies
- ☆ Those who are high achievers
- ☆ Basically anybody different/different to them

THE SUPERHERO DOWNWARD EVASION



SUPER PALM PUSH



LEVEL 5

GREEN to RED

VIRTUE




LEVEL 6



Children will learn what it is and how potentially harmful it is if not reported immediately to a trusted adult.


Cyber Bullying



STAND UP AGAINST CYBER BULLYING


Aims of this session:

- ☆ Understand what cyber bullying is
- ☆ Understand how cyber bullying affects us
- ☆ Understand the different types of cyber bullying
- ☆ What you can do to resolve it




What are the different types of cyber bullying?

- ☆ Using digital media to bully
- ☆ Texts messages
- ☆ Picture messages
- ☆ Email
- ☆ Instant messages and chat rooms
- ☆ Social network sites like snap chat



"They used to just bug me at school, but now they send mean texts when I'm at home".



BULLYING IS WRONG. SO HOW IS IT DIFFERENT ONLINE?











Children will learn what a bystander is, how it contributes to bullying and how important it is to be an upstander.

Standing up for others

Aims of this session:

- ☆ What is a bystander?
- ☆ What is a hurtful bystander?
- ☆ To show students how to be an upstander.
- ☆ To teach them that they can team up.
- ☆ To role play different scenarios.
- ☆ Ways to be an upstander.




Anti-bullying and awesome upstander pledge

As a group, sign the pledge that we will not bully and we will not be bystanders when we see bullying occur.






Challenge 1

We need some volunteers to act out the following scenarios. Choose one or two students to play the role of an "UPSTANDER".

Questions:

1. What did the upstanders do to help?
2. What would you do?
3. Is there anything that would stand in your way of being an upstander in real life?
4. How can we help each other be upstanders?

SUPERHERO SHIN TECHNIQUE



SUPERHERO STAND UP



LEVEL 6

RED to PURPLE

EMPOWERED



LEVEL 7



Children will have the chance to learn about personal safety. Obtaining the knowledge on how to avoid danger and to become aware of their surroundings by following RESOLVEit's 4 principles.

Personal Safety

Aims of this session:

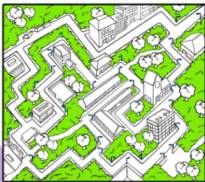


- ☆ Understand what personal safety means
- ☆ Understanding the safety way to walk home
- ☆ Importance of road awareness
- ☆ Learn how to be aware of dangers within the home
- ☆ Importance of knowing where to go for help outside




Safe way home

Find the safest way home by following the **STREET LIGHTS** from school.

You may colour the town after you have finished the maze.

Waiting for transport

Catch your bus or train from somewhere well lit

While waiting for public transport stay in a well lit area and if cameras are present, stay within their range.






Children will learn how to be safe online. This workshop will create awareness about the effects of social media and gaming online.

Online Safety

Aims of this session:

- ☆ Understand how to be self-aware online
- ☆ Understand ways to avoid dangers online
- ☆ Negative influence of the internet
- ☆ Understand the dangers of online chat rooms & forums
- ☆ Importance of gaming safely online
- ☆ Importance of the game age rating system




Social Media

How old should you be to use social media?

Believe it or not, but there is an age rating on all social media platforms. These are put in place to protect young people from interacting with older people and from viewing content posted on social media that might not be suitable for that age group (images, videos and news articles).








Gaming safely online

No one is telling you to stop gaming online, just be more aware and take these 3 easy steps:

1. Never give out personal details: Name, age and address
2. Only talk to your real friends from the real world (school or social clubs)
3. Try to avoid games that aren't your age group

PEGI have put in place an age rating system, to protect you, so try and stick to it, especially online. Less chance of playing with adults, but be aware that adults will play games that are aimed for a younger age group too.



LEVEL 7

PURPLE to BLACK

DETERMINED



LEVEL 8



Children will have the chance to learn what it means to be mindful and grateful. Throughout this workshop they will learn how to change their mindset and practice mindfulness.

Mindfulness and Gratitude

Aims of this session:

- ☆ Understand and explain what it means to be mindful and grateful
- ☆ Understand how we can practice mindfulness
- ☆ Understand how we can change our mindset

Create a GLITTER JAR

- ☆ Finding a jar or plastic bottle and allow your child to decorate it however they like
- ☆ Fill the bottle up 3/4 of the way with water. Next, add clear glue, food colouring and glitter then shake
- ☆ Seal the lid and you are ready to go

Your mindfulness challenges

Once you complete each activity put a tick in the box next to each challenge!

- ☆ Challenge 1: I can change my mindset!
- ☆ Challenge 2: The power of YET!
- ☆ Challenge 3: The attitude of gratitude
- ☆ Challenge 4: Our classroom gratitude tree



LEVEL 8

The background of the entire image is a vibrant, star-filled space scene with a prominent blue and purple nebula. In the center, two anime-style superhero characters are depicted. On the left is a female character with long, dark purple hair, wearing a dark blue, form-fitting superhero suit with a high collar and a cape. On the right is a male character with spiky red hair, wearing a dark blue superhero suit with a high collar, a black eye mask, and a cape. He has a white 'D' emblem on his chest. Both characters are smiling and looking towards the right. The word 'DETERMINED' is written in large, bold, white capital letters with a black outline across the middle of the image, partially overlapping the characters.

DETERMINED

This is the final stage in the **Superhero Academy**.
Children will become **DETERMINED** as they come to the end of the academy.

About **RESOLVEit**

RESOLVEit provides training and workshops in how to stay safe for all ages. We specialise in using personal safety to engage and teach life skills to develop strategies to cope with challenging situations using our 4 principles:

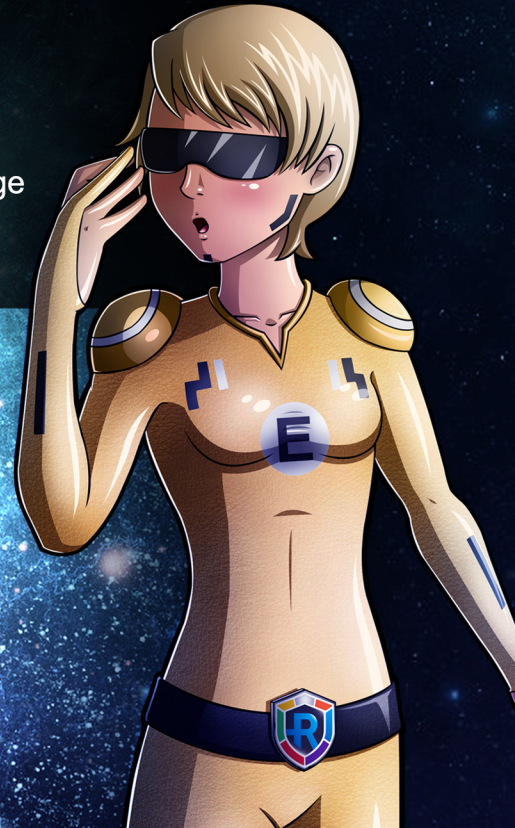
Awareness: People, object, place

Avoidance: Have fun, know your limit and stay away from confrontation

Dialogue: Speak in a calm voice, employing non-aggressive body language

Action: A last resort, if all else fails

For more information visit
www.resolveitcic.co.uk



RESOLVEit
EVERYONE HAS THE RIGHT TO FEEL SAFE