



PSHE Citizenship

PROUD TO BE ME

The audio resources explore self-esteem and in particular those occasions when children's self-esteem is made vulnerable. The story centres on a girl called Anna, who clearly has plenty of initiative and vitality but whose feelings about herself are conditioned by the criticism of her brother.

Using the audio resources:

1. Discussion.

The discussion will of course have to be handled sensitively and you may wish to restrict the exploration to the experiences of the characters in the story only. If not, you could begin with a discussion of what experience the children have of feeling 'put down' or criticised? How did it make them feel? When is such criticism right? Is it ever right? Why do we attach so much importance to the views of our peers?

2. Listen to Voxpops 1.

See below for a transcript.

Listen to Voxpops 1 either to help promote discussion/consideration or to reinforce the ideas the children have already expressed. In the audio the children talk about occasions when they have felt 'put down' or criticised.

3. Drama, part 1.

See below for a synopsis. Introduce the first part of the drama and remind the children to listen carefully because soon it will be their opportunity to discuss what happens. The presenter names each character at the start of the drama. They are:

Anna

Jess – her friend

Robert – Anna's brother

You may wish to display a suitable image to act as a focus while listening to the drama. Use the online resources to display a large version of a horse and rider. Display this during the first part of the drama.

4. Discussion.

At the end of Drama, part 1 discuss/consider the following:

What do you think of the three characters in the story? What can you say about the way they behave?

Why do you think Robert says the things he does and how does he make Anna feel?

How does Jess feel about Robert? Does she feel differently to Anna about him?

What pressure is Anna feeling when she rides Betsy out of the stable? What is making her behave as she is?

5. Voxpops 2.

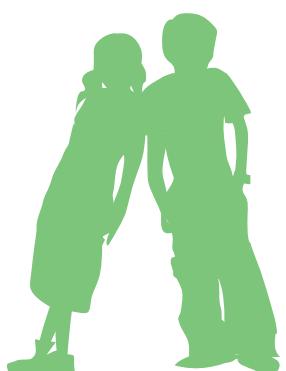
See below for a transcript.

As preparation for the second part of the story you may wish to listen to some more responses from other children. In Voxpops 2 the children talk about things they are good at and things that make them feel positive about themselves.

6. Drama, part 2.

See below for a synopsis. Explain that it's time to listen to the second part of the story, in which we'll find out what has happened to Anna and how her plans evolve for a new fund-raising activity at the school fair.

Use the online resources to display the picture of a girl at a school fair. Display this during part 2 of the drama.





7. Final discussion.

At the end of Drama, part 2 discuss the following:

Think about the behaviour of the characters again – has it changed?

Is Anna happier in your opinion? What has she achieved?

If you could say something to Robert at the end of the story what would it be?

What are your own personal ambitions? What would it take to achieve them?

8. Have your say! When you've discussed/considered the questions above please use the [Contact us](#) page of the School Radio website to let us know what you think.

Voxpops 1, transcript:

People didn't think I was very good at what I did...they criticised me and they wouldn't let me play. It just ends up I'm on a bench in the playground and just not doing anything.

When I was writing a letter I had to keep on asking my brother for spellings and he just told me I was terrible at spelling – made me feel useless.

I think it's okay when people pick on you for fun...because you seem to join in with the laughing because you seem to find it funny. But when people mean it really seriously then I don't think that's very nice at all.

My brother said 'You can't play badminton like that, you're too heavy-handed'. It was my friend we were playing with as well so I felt really upset about it.

All my friends were trying to see what I've drawn and suddenly they got hold of the paper and they just laughed at me.

You just feel like heartbroken inside sometimes, like it's really really mean or something.

Sometimes it just puts you down when you think you've tried hard at everything and you've really practised and then they just criticise and it just puts you down totally.

Drama, part 1 synopsis:

The story starts with the presenter referring back to Voxpops 1 – each of the children had experienced a time when someone 'put them down'. The story will be about someone with similar feelings.

The characters are:

Anna

Jess – her friend.

Robert – Anna's brother

Scene 1.

Outside on the farm run by Anna's family. Anna is talking to her friend Jess about a flower picture she has made for the forthcoming school fair. Anna isn't sure about the picture but Jess reassures her that it's excellent. They pick it up to carry it inside.

Scene 2.

On the way in they meet Robert who is looking for his earphones. He's unpleasant to Anna and rude to Jess. He tells Anna that she can't take the picture into the kitchen as he's already using the space – he's been asked by mum to sort out some old games to give to the school fair. He's very critical of Anna's picture, saying the dustbin is the best place for it.

When Robert leaves Anna's confidence has been knocked. She clearly acquiesces to Robert – despite him being so rude. She feels unsure again about the picture...maybe Robert is right about it. She tells Jess she has a better idea to make money for the school fair and leads Jess out to the stable to meet her horse, Betsy.

Scene 3.

The stables. Anna and Jess saddle Betsy and Anna explains her new idea for making money – they'll take Betsy to the school fair and charge 20p per ride.

Robert follows them in and they tell him of the plan. Robert is completely dismissive of Anna's idea and declares that Anna can't even ride a horse. Suddenly Anna mounts Betsy and rides out of the stable into the paddock.

**Scene 4.**

The paddock. Anna is racing Betsy towards their jump course while the others attempt to call her back. Anna determined to show Robert what she can do – so she races Betsy towards a fence and jumps. Then we hear Anna scream and the thud as she strikes the fence and falls to the ground.

Voxpops 2, transcript:

I feel special when people say that I'm good at things...and I feel that I'm good at computer games.

I'm very good at cricket because everyone like encourages me.

I'm good at football...I'm good at scoring goals up front...and I'm good at tennis.

I think Jack's very good at playing football. People criticise him, but he's very good.

I'm not very good at sports but I'm really good at maths.

When we do circle time one person has to stand in the middle and another person has to make them laugh and I go up and try to make them laugh and the teacher says I'm really good at that.

I like chess because when I get into a competition...my family - they'll congratulate me, even if I haven't won.

Everyone thinks I'm good at art...and I'm also quite good at computer games.

I think Stephanie's actually quite good at football for a girl

I like football!

If it were up to me if she could join in I'd let her play...

She's good enough to play!

Drama, part 2 synopsis:

The presenter sets the scene again: we're going to find out what happened to Anna.

Scene 5.

The paddock. It's just a moment or two after Anna's fall from Betsy. Jess and Robert run over and are extremely anxious. Anna moans as she regains consciousness: she's got a bad knock on her head.

Scene 6.

A few days later and Anna is tucked up in bed recuperating. Jess has come to visit her...but Robert is also with them and, as usual, he's not being very sympathetic. Anna asks him to get some water as a means of getting him to leave.

The two girls discuss the school fair again. Horse rides are out of the question now so they'll have to think of something new to do. They consider the options – and Anna is again the one who comes up with an idea. But before she can reveal it to Jess Robert returns with her drink.

Robert wants to know what Anna's new idea is and she is about to tell him when Jess intervenes. She tells Anna to keep it a secret for now because Robert will make fun of it. She tells Robert: 'You'll make fun of it whatever it is.'

Scene 7.

A few days later at the school fair. Anna is in a good mood as she and Jess run their stall. It turns out Anna's idea was to make an electric buzzer game and they're doing good business.

Robert turns up and is very dismissive of the game. He thinks it will be simple and is confident of winning. Jess makes sure he pays his 20p before he starts and Robert can only get half way before he touches the wire and triggers the buzzer. He demands another go and this time Anna ensures he pays for his turn.