PSHE – Me and My Relationships

Year 4

Key Vocabulary

collaboratively	Working well with others
negotiate	Come to an agreement through discussion
assertive	Saying no or disagreeing with someone in a respectful way
empathise	Imagine what it is like to be an other person
teasing	When someone makes fun of or jokes about someone as a one off
deliberate	Choosing to do after thought
excluded	Left out
pressure	Pushed to do something

Key Questions

1. **What is collaboration?**
2. **Do friends always agree?**
3. **What is being assertive?**
4. **Why share my feelings?**
5. **What are mixed feelings?**
6. **Unkind, teasing or bullying?**

Challenge

How do you manage disagreements with friends?

Prior Learning – sticky Knowledge I have.

Rules are there to protect people, keep them safe and happy. They help everybody get the most out of school. We have positive, healthy relationships with our trusted adults and special people. When we have a disagreement within the family compromise can help resolve the issue. Friends do fall out but can move forward by staying calm and apologising, listening without interrupting, explaining our feelings and finding a compromise. We are free to express our opinions but we also have respect those of others. If a dare makes you feel uncomfortable or unsafe you have the right to say no.

What I will learn – new sticky knowledge.

1. To work collaboratively means to work together and be aware of what the other person is doing and what help they need.
2. Just because we're friends with someone, it doesn't mean that we'll always want to do the same things but friends should try to negotiate with each other and we have a responsibility to try to be respectful and kind.
3. When communicating online, people might not consider the other person's reaction as much as if it was face-to-face. Being assertive is saying no or disagreeing with someone in a respectful way.
4. Most of the time people feel positive feelings but occasionally we might feel some of the less good feelings. If we can communicate what we feel clearly to someone who could help us they will be able to empathise and offer support more easily.
5. People can have different feelings in the same situation. We can experience more than one feeling at the same time. When we 'read' someone's feelings from their body language, it helps us to help them or respond in an appropriate way.
6. Being unkind is when someone says something that is not nice, or hurtful as a one off. Teasing is when someone makes fun of or jokes about someone as a one off. Bullying is when someone is *repeatedly* and deliberately unkind or hurtful to another person.

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PSHE – BEING MY BEST

Year 4

Key Vocabulary

unique	Not the same as any other
valuable	Usefulness or importance
hydrated	Enough water for the body to function well
Mental health	Caring for our thoughts and feelings
recycle	Reusing materials rather than wasting them
rethink	Thinking again more carefully
belonging	Being part of a group. Feeling included
bruise	Injury without breaking the skin or bone

Key Questions

1. **Should I follow my friends?**
2. **What are my choices?**
3. **How do I look after my mental health?**
4. **What are the seven 'Rs'?**
5. **Do we need community?**
6. **How do we help someone with a broken bone?**

Challenge

Prior Learning – sticky Knowledge I have.

Eating a balanced diet is an important part of a healthy lifestyle. Different foods do different jobs in our body. Medicines when used correctly and given by an adult can help us to get better. Some people need to take medication every day. Rest, sleep, water and healthy foods also help our bodies to get better. Washing our hands and using tissues ca also help to stop germs from spreading. We all have different opinions and can discuss these respectfully in a debate. We can respectfully challenge each other but must respect and empathise with differing viewpoints. Having goals and aspiration can help to achieve good mental health. Talent is grown and most skills comes from a person working hard at something, from practising it over and over again. Persevering is as important, possibly more important, than having a natural talent.

What I will learn – new sticky knowledge.

1 Sometimes we like joining with things that others want to do but sometimes we don't want to join in with them. Sometimes we have to make a compromise.
2 There are times when we will make the same choices as our friends and times when we will choose differently.
3 Regular exercise, a healthy, balanced diet, fresh air, regular sleep and avoiding too much time spent online/screen time keeps us healthy. It's recommended that young people aged 5-18 do at least one hour of physical activity every day.
4 we can help to look after the environment following the 7rs – refuse, reduce, reuse, recycle, rot, repair and rethink.
5 Studies have shown that people who have a strong sense of belonging to a community can be happier and even healthier than those who don't.
6 Someone may have broken a bone if they have fallen or been hit by something. They may be in a lot of pain. They could have swelling and bruising or be in a strange position. Keep it still and tell an adult.

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PSHE – VALUING DIFFERENCES

Year 4

Key Vocabulary

compromise	Work together to come to an agreement
negotiate	Put forward your views and listen to others
stereotype	Making an assumption about someone based on a group they belong to
label	A classifying name applied negatively to a person or thing
challenge	Objecting to something that is untrue or wrong
invade	To enter someone else's personal space
prejudice	Forming an opinion based on untrue or limited information

Key Questions

1. **Can you sort it?**
2. **What is aggressive behaviour?**
3. **What makes us special?**
4. **Friend or acquaintance?**
5. **What is personal space?**
6. **What is the British Value, tolerance?**

Challenge

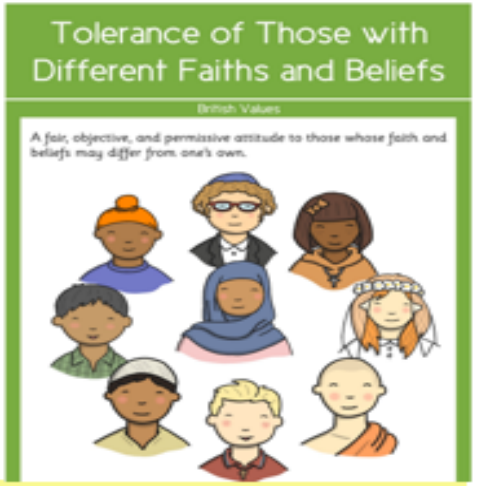
Describe a time when you used negotiation to reach a compromise.

Prior Learning – sticky Knowledge I have.

We have different points of view, which should be respected. We can challenge differing viewpoints respectfully. There are different types of families. All families are important as they make us feel happy, safe and loved. We belong to different communities. Being part of a community has a positive impact upon our mental health. The UK is diverse. People with different ideas, skills and experiences enriches a community. People are often bullied for being different. Bullying is never acceptable and must be challenged or reported to a trusted adult. Some bullies hold prejudiced views. They have formed an opinion or attitude towards a particular social group based on untrue or limited information.

What I will learn – new sticky knowledge.

1. We can manage conflict or differences through use of negotiation and compromise.
2. We are all different in many ways including looks, race, gender, religion, age and personality. Aggressive behaviour includes shouting, making threats, damaging someone's property, physical violence, swearing, spitting or invading someone's personal space. Everyone is capable of aggressive behaviour but it is unacceptable and there a consequences for acting aggressively.
3. Everyone has something that makes them special. Everyone has the chance to be respectful and to praise others for these qualities.
4. We have different types of relationships and these affect the way we behave with people. All people we know and meet have a role within our lives but we might share more with our special people than acquaintances.
5. We all have body space and can feel uncomfortable when people get too close. The uncomfortable feeling is our brains way of warning us. We should respect personal space. If someone is touching us in a way that makes us feel uncomfortable then we should tell a trusted adult.
6. Tolerance means accepting that people have cultures and beliefs that may be different to their own and showing them respect.



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PSHE – KEEPING SAFE

Year 4

Key Vocabulary

hazard	Something which could cause harm
dare	Being asked to do something risky
Social media	Websites and apps where we share content
ridicule	Being made fun of
geotagged	Finding a location of a picture online
prevent	To stop from happening
Side effect	An unwanted condition of a drug
Identity theft	Using someone else's personal details

Key Questions

1. Danger, risk or hazard?
2. What is a dare?
3. How can we stay safe?
4. Should I share photos online?
5. Why read the label?
6. What are safe online behaviours?

Challenge

Who or what might influence (or make me feel under pressure) to join in something that's risky? What can I do about this?

Prior Learning – sticky Knowledge I have.

A danger is a threat but risk can be managed by weighing up the options and making sensible decisions. Risks can be high, medium or low dependent upon the consequence of the risk. Not all websites and emails can be trusted as information may not be true or potential risks. Medicines are drugs that can be harmful if misused. Some drugs are illegal and can be very harmful. Cigarettes and alcohol are harmful. Cigarettes contain the drug nicotine. Alcohol is a drug. It is against the law to purchase these items if you are under 18.

What I will learn – new sticky knowledge.

1. A Danger will definitely cause harm, a hazard could cause harm and a risk is an action which is taken in a hazardous situation.
2. A dare is when someone asks you to do something risky which you feel uncomfortable with and might get you into trouble or cause harm. It is important not to put yourself at risk and be pressurised by others.
3. When feeling unsafe we should listen to our feelings and tell a trusted adult or friend, or just say no.
4. Pictures posted online and on social media can be copied and shared without your permission. This can put people at risk of ridicule or giving away their location.
5. Medicines have labels that explain how to take the medicine and the correct dose to avoid misuse. Labels tell us what drugs are used and potential risks.
6. Never share personal information online. Do not accept friend requests from people that you do not know. When unsure, check with a trusted adult.

We are aspirational leaders

PSHE – RIGHTS AND RESPECT

Year 4

Key Vocabulary

duties	something that a person should do because it is right or fair
United Nations	an organisation made up of countries that want to work together in a peaceful way
Pupil voice	express our views through the school council
media	News broadcasts, reports and papers.
influence	Affecting thoughts, opinions and actions
bystander	A witness
passive	do nothing when witnessing the behaviour
taxes	Money deducted from wages to pay for services

Key Questions

1. **Who helps us stay healthy and safe?**
2. **What is the United Nations?**
3. **What is pupil voice?**
4. **What's in the news?**
5. **What is a bystander?**
6. **Why pay taxes?**

Challenge

How can a bystander influence a situation?

Prior Learning – sticky Knowledge I have.

There are lots of different people that can help us to be safe and/or healthy in different places and situations. A fact is something that can be proven true, while an opinion is a statement of a person's or group's thoughts, feelings, or beliefs. An event can be perceived from different viewpoints. Volunteers choose to work or give their time free of charge, because they want to help make a positive change or difference to something. It also helps the volunteer to feel happy. Before buying something we need to know what it costs and how much money we have. The amount people get paid is due to a range of factors such as qualifications, skill, experience, training and responsibility. The environment is: 'The air, water, and land in or on which people, animals and plants live.' We can have a positive or negative impact on the environment.

What I will learn – new sticky knowledge.

1. Different people in our community help us to be safe and/or healthy, but that we also have our own duties to help them and to help ourselves.
2. The United Nations is an organisation made up of countries that want to work together in a peaceful way in the world. The UN has an agreed list of rights for children and why we have laws in this country that protect children's rights.
3. Rules are there to protect people, keep them safe and happy. They help everybody get the most out of school. At school we can express our views through the school council. This is called pupil voice.
4. Reports in the media can influence the way we think about a topic.
5. The behaviour of bystanders has a huge impact on the outcome of bullying behaviour, whether they are passive (do nothing when witnessing the behaviour) or active (stick up for the person being bullied).
6. Money is deducted from pay for taxes. Taxes help to provide services that people need and rely on Income Tax is money which is used to pay for public services like hospitals, police, education and libraries. National Insurance is money which is used to pay for state pension and other benefits.

Aspirational Leaders

PSHE – GROWING AND CHANGING

Year 4

Key Vocabulary

overcome	To get over a struggle and succeed
conflict	A disagreement
Self-worth	Liking yourself
hurdles	Problems in our path
resilience	To try again and keep going
Growth mind set	Believing in yourself. Knowing we will get better
teenager	Age 13-18

Key Questions

1. When is change challenging?
2. How can I handle family conflict?
3. When are secrets unsafe?
4. Why volunteer?
5. What is growth mind set?

Challenge

Why do teenagers and parents argue and how can they stop?

Prior Learning – sticky Knowledge I have.

We have lots of different types of relationships including family, friends, teachers, coaches and faith leaders. The area around our body is called our body space or personal space. We need to respect other people's body space and not 'invade' it too much. We can invite people into our body space, for example hugging a grandparent. Be nice to people online, like you would be in the playground. Keep your personal information private. If you feel uncomfortable tell an adult you trust. 4. Secrets can either make us feel safe and happy or unsafe and uncomfortable, 'safe secrets' and 'unsafe secrets'. Childline 0800 1111 If someone has had a head injury their head may hurt and a bump might appear. Help them to rest and give them an ice pack or something cold to hold on the injury. Tell an adult. If they become sleepy, vomit or seem confused, call 999.

What I will learn – new sticky knowledge.

1. Some changes can be challenging and are sometimes changes we do not choose but happen such as: moving to a different area; a family member dies; a new brother or sister is born; a friend leaves school; parents split up; parents have a new partner.
2. As young people get older they will want to be more independent, spend time with friends, work out how they are going to be as an adult and this can lead to conflict with the people who love them most - their family. It is important to talk to parents/carers/trusted adults as they can help us to work out the best thing to do and be willing to compromise.
3. Secrets can either make us feel safe and happy or unsafe and uncomfortable, 'safe secrets' and 'unsafe secrets'. Childline 0800 1111
4. Volunteering not only helps other people in our community, but also benefits the volunteer by helping them to feel part of the community, raising their sense of self-worth and encouraging wellbeing.
5. Meeting challenges often involves hurdles. By showing resilience and a positive attitudes we can tackle these hurdles and reach our goals.
6. Moving on up week. Meeting my new teacher and finding out about year 5.

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