



# P.S.H.E

## Autumn 1 Year 4

Personal, Social, Health and Economic (PSHE) helps pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children to stay healthy and safe, understanding their relationships, academic, personal and social lives in a positive way.

<u>Self and Relationships</u>	<u>Respecting Others</u>	<u>Healthy lifestyles</u>	<u>Keeping Safe</u>	<u>The World Around Us</u>
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### Self and Relationships

#### *Appropriate relationships*

H42. About the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact.

R6. That a feature of positive family life is caring relationships; about the different ways in which people care for one another.

R7. To recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability.

R8. To recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty.

R9. How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice.

R11. What constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships.

R22. About privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online)

R27. About keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret.

### British Value:

Democracy

### Key Vocabulary

respect	loyalty	permission
trust	generosity	relationship

### **Pupil Reflection:**

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