

SUBJECT FOCUS:	PSHE including RSE	YEAR 4	WHOLE SCHOOL YEAR
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RELATIONSHIPS

Healthy Relationships

Key Facts

- ❖ We have different types of **relationships** with different people.
- ❖ A healthy **relationship** needs to be fair – it should never be one person doing all the giving and the other person taking.
- ❖ **Trust, respect** and kindness make a good friendship.
- ❖ We don't have to have all the same **interests** to be friends with someone.
- ❖ While **arguing** with friends is not nice it can lead to a better friendship if the argument is worked out properly.
- ❖ People may push us to follow or do the same things as them. This is called **peer pressure**.
- ❖ Bullying can take many forms **verbal, physical, emotional** and **cyber**.
- ❖ Anyone can be a **victim** of **bullying** and it can happen at any age.
- ❖ There are usually **witnesses** to bullying.
- ❖ You should talk to an adult you trust if you are being bullied or are worried about someone else being bullied either face to face or online.
- ❖ **Victims** of bullying need **support**.
- ❖ **Bullies** also need help to change their behaviour.
- ❖ **Cyberbullying** is bullying, report it straight away. Use the report functions on websites and apps and speak with an adult you trust.
- ❖ When we communicate online we should always be **respectful**.
- ❖ We should be careful who we choose to communicate with online, they might **not** being telling the truth about who they are.
- ❖ If we are ever **uncomfortable** about someone's behaviour or something they have said, face to face or online we should tell an adult we trust.
- ❖ Websites and apps have **report** and **block** functions to help protect us.

Key Words

trust	respect	opinion	belief
gender	peer pressure	verbal	bully
physical	emotional	value	cyber
witness	aspiration	victim	faith
sexual orientation			

Valuing Differences

Key Facts

- ❖ We are all unique – we have our own ideas and **opinions**.
- ❖ Everyone deserves to be treated with **respect**, even if they are not our friend.
- ❖ Everyone is different, people have different backgrounds, **faiths, genders** and **sexual orientations**.
- ❖ People also have **similarities**. We may have the same likes and dislikes, the same **values** or **aspirations**.
- ❖ When talking about our **beliefs** and **ideas** with others we should take care to speak respectfully and learn the correct vocabulary to express our thoughts.



HEALTH AND WELLBEING

Healthy Lifestyles

Key Facts

- ❖ Having enough sleep, **exercise** and to eating a healthy **balanced diet** help keep us physically and mentally well.
- ❖ The right diet, exercise and sleep help us to stay well and fight illness.
- ❖ If we are ill we may need to ask for advice from a **pharmacist** or **doctor**.
- ❖ Visiting the dentist every 6 months helps us protect the health of our teeth. The dentist can spot any problems early and give us advice.
- ❖ Good **oral hygiene** includes brushing our teeth twice a day for 2 minutes.
- ❖ Foods and drinks that contain lots of **sugar** can damage our teeth and cause **cavities**.

Growing and Changing

Key Facts

- ❖ Our bodies belong to us and we can decide if we want other to touch us or not this is called **consent**.
- ❖ Boys and girls have different **genitalia** and **reproductive organs**. It is important we know what these are called so we understand our bodies.
- ❖ It is important to know our bodies change during **puberty** so that we are not upset or surprised. Girls start to develop **breasts**. Both boys and girls start to grow hair in their armpits and around their **pubic** areas. Boys voices '**break**' (deepen) and they start to grow **facial hair**.
- ❖ During puberty girls start to have **periods (menstruate)**.
- ❖ During puberty boys start to have **erections** and '**wet dreams**'.
- ❖ Puberty changes the **hormones** in our bodies. It is important that we wash regularly and maybe use **deodorant** to stay clean and fresh.
- ❖ **Puberty** can change effect our emotions. Some **emotions**, like feeling **anxious, jealous or angry** can be uncomfortable, it is important to acknowledge and name our emotions to

Key Words

cavities	dentist	diet	doctor
nutrition	oral hygiene	pharmacist	
consent	genitalia	reproductive organs	puberty
pubic hair	hormones	breasts	menstruate
uterus	vulva	vagina	clitoris
fallopian tubes	ovaries	cervix	penis
erection	scrotum	testes	vas deferens

Keeping Safe

Key Facts

- ❖ A **drug** is something that when it goes into our body changes how we think and feel.
- ❖ **Medicines** are **legal** drugs given to you by a doctor. You should take medicine exactly as the doctor says and never take anyone else's.
- ❖ Taking medicine incorrectly or that is not **prescribed** for you can make you very ill and be very dangerous.
- ❖ **Tobacco, alcohol** and **caffeine** drinks are **drugs** and can damage our health.
- ❖ All drugs have side effects for example smoke from cigarettes can worsen asthma and lead to lung diseases.
- ❖ Many drugs are **addictive**, the more you have the more you want.
- ❖ We use cleaning products to help keep our homes clean.
- ❖ Cleaning products contain **chemicals** that can cause harm us if used incorrectly.
- ❖ Cleaning products and chemicals should always be kept out of the reach of children.



