

PSHE Curriculum Year Four



Year Four		
Relationships		
How can I be a positive friend?	How can we keep ourselves safe?	How can we show respect?
<p>Excluded- feeling left out</p>	<p>dare- a challenge to prove courage</p> <p>secret- something to be kept unseen or unknown by others</p>	<p>Respect- treating someone in a way that makes them feel cared for and important</p> <p>Gender- the features of someone's character either male or female</p> <p>Faith- belief in a religion</p> <p>Race- a group of people sharing the same culture, history or language</p>
<ul style="list-style-type: none"> Positive healthy friendships have mutual respect, trust and shared interests You can build friendships by being kind, listening and taking turns If I feel lonely or excluded I can talk to my friends, my parents/ careers or a trusted adult People must communicate respectfully with friends when using digital devices Knowing someone online is different from knowing someone face to face There are risks in communicating with someone you don't know If you are worried about something you have seen online it is important to flag it, block it and report it to a trusted adult 	<ul style="list-style-type: none"> Teasing and hurtful behaviour may only happen once but bullying is several times on purpose (including online) If I witness hurtful behaviour or have concerns about bullying, I can get a trusted adult to help Some dares can be funny and playful but some can make people uncomfortable or put them in danger I can say no to dares, walk away and tell a trusted adult People can behave differently online and pretend to be someone they are not If I feel that a secret is unsafe or dangerous, I can break confidence and share the secret with a trusted adult 	<ul style="list-style-type: none"> People can have differences such as gender, race, faith It is important to respect the differences and similarities between people
Living in the Wider World		
How can we keep our money safe?	How can we stay safe online?	What makes a community?
<p>Interest – money added on to what you pay back when borrowing money.</p> <p>Budget – how much you earn and how it impacts how much you spend.</p> <p>Debit card - a card, which can be used to pay for things and the money will leave the account immediately.</p> <p>Credit card – a card, which can be used to pay for things but must be paid back every month or you will have to pay interest.</p>	<p>Digital footprint – trail of information left behind every time the internet is used</p> <p>Influence- to affect how someone behaves or thinks</p> <p>Advert- a picture, sign or video to make a product or service known and to influence you to buy it</p>	<p>Volunteer- spending time, for free, helping others.</p> <p>Benefit – advantages (good things)</p>
<ul style="list-style-type: none"> You can pay for things using cash, debit card or credit card. We can keep track of our money by remembering or writing down when you spend or save money, so you always know how much you have. Everyone has different budgets, needs and wants. Money can have both positive and negative effects on people. 	<ul style="list-style-type: none"> Everything shared online has a digital footprint. Organisations can use personal information to encourage people to buy things How do organisations encourage people to buy things? 	<ul style="list-style-type: none"> The benefits of living in a community are that it keeps us safe, allows us to meet new people and gives a sense of belonging. We can belong to multiple communities (class, school, Newton, clubs) Lots of different people make up a community Volunteers can help the local community. We can make a difference to those in need in our community by showing care and compassion.
Health and Wellbeing		
How do medicines keep us safe?	How can we keep healthy?	How am I changing?
<p>Drug- a substance that affects the body</p> <p>Medicine- a drug that cures or treats an illness</p> <p>Side effect- other bad effects that a medicine can have on your body</p>	<p>Tooth decay- when the surface of the tooth is damaged</p> <p>Flossing- use dental floss to clean in between your teeth</p> <p>Illness- a disease affecting the body or mind</p>	<p>Menstruation- a monthly discharge of blood through the vagina</p> <p>Wet dreams- a dream that causes an involuntary ejaculation of semen</p> <p>Erection- a rigid penis</p> <p>Reproduction- new offspring produced by parents</p> <p>Ovaries- female reproductive organ</p> <p>Testicles- male reproductive organ</p> <p>Puberty- a time of physical changes where a child turns into an adult</p>
<ul style="list-style-type: none"> A medicine is a drug that you take to treat or cure an illness All drugs, including medicines, have side effects Alcohol, cigarettes, e-cigarettes/vapes and medicines are drugs and can affect health and wellbeing Drugs can be addictive 	<ul style="list-style-type: none"> Regular exercise keeps your body healthy Regular exercise helps keep your mind healthy Sleep is important for keeping healthy because it helps our brains and bodies rest and recharge An early sign of being physically unwell can be weight loss or changes to your body If you are very unwell a doctor can treat you Regular visits to the dentist will make sure your teeth stay as healthy as possible Sugary food and drinks are one of the main causes of tooth decay Brushing your teeth and flossing can help fight tooth decay 	<ul style="list-style-type: none"> As girls go through puberty they start menstruation As boys go through puberty they may get erections and wet dreams Puberty causes physical and emotional changes It is important to wash regularly and use deodorant