

PSHE - Year Four - Autumn Term Relationships

In this unit we will learn about:



Families and Friendships	Safe Relationships	Respecting Ourselves and Others
- The importance of friendships for our wellbeing and strategies for building positive friendships. - Healthy friendships (both online and in person) feature loyalty, mutual respect, trust, truthfulness, generosity, sharing interests and experiences and support with problems. - How to recognise what it means to 'know someone online' and how it differs from face to face. - The risks of communicating online with people who are not known to your face to face. - The importance of seeking support if feeling lonely or excluded. - How to recognise if a friendship (on or offline) is making them feel unsafe or uncomfortable and how to manage this and seek support if necessary.	- Strategies to respond to hurtful behaviour experienced or witnessed offline and online, (including: teasing, name calling, bullying, trolling, harassment or deliberate exclusion of others). How to report this and seek support. - Why someone might behave differently online including pretending to be someone they are not. Strategies for recognising risks, harmful content and contact, how to report concerns. - About keeping something confidential or secret, when this should be agreed to (e.g. birthday surprises) or when they should not be agreed to and when it is right to break a confidence of secret. - To recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this.	- Respecting the differences and similarities between people and recognising what they have in common with others for example physically, in personality or background. - To listen and respond respectfully to a wide range of people including those whose traditions, beliefs and lifestyle are different to their own.

Vocabulary

Online	Respect
Risks	Pressure
Communication	Trolling
Exclusion	Harassment
Confidential	

Resources

NSPCC Share Aware
 Google and Parent Zone Be Internet Legends
 Premier League Primary Stars KS2 Diversity
Story's around friendship and bullying.

Suggested Activities

Make friendship soup
 Circle Time
 Role Play
 Case Studies
 Story Time