



PHSE

Year 4

Keeping Myself Safe



Concepts

Equality Identity

- ✦ I know that taking a risk is an individual choice and that some risks can be very dangerous.
- ✦ I understand that keeping myself safe will sometimes mean saying no to dares or not getting involved in situations I think are risky.
- ✦ I am aware of ways I can try to keep safe in risky situations like saying no, walking away or telling a trusted adult.
- ✦ I know that any photos I share online should not include images of my school uniform, the name of my street or have my location tagged in them.
- ✦ I know that I should always ask for permission before I share photos with my friends in them online or in messages on my phone.
- ✦ I understand that I must only take medicine given to me by a trusted adult who has read the instructions carefully.
- ✦ I understand that I will not always need medicine even if I am unwell and that sometimes rest, sleep and fresh air will be better for me.

Sticky Knowledge

Aspirational People

Millie Bobby Brown-famous actress Millie was bullied online and chose to help herself and others by deactivating her Twitter account and then becoming the youngest person ever to be a UNICEF goodwill ambassador and help thousands of children around the world!



Consent

Asking somebody to give you their permission before you do something.

Geotagged

When the exact location a photo is taken in is recorded and might be shared with other people.

Dare

Somebody asking you to do something risky which you feel uncomfortable with and might cause you harm or get you into trouble.

Risk

An action you take in a hazardous situation which could cause you harm.

Hazard

Something which could cause you harm.

Medicine

A drug designed to help the body by treating an illness or injury.

Drugs

A type of medicine these can be legal (safe if taken correctly) or illegal (unsafe and can cause serious harm).

Subject Specific Vocabulary



PHSE

Year 4

Being My Best



Concepts

Equality Identity

Climate Sustainability



Aspirational People

Stephen Mousdell

Stephen is a community hero who, alongside his husband, has worked hard to add beautiful planters full of flowers to many areas around Haydock and St Helens to make the community look great for everybody.

- Everybody is unique and has their own special blend of talents and qualities.
- A talent is something you are naturally good at but have worked hard at over a long period of time to get better and better.
- Some of the choices we make now will have an effect on our future-especially those connected to our health and lifestyle.
- It is important that we make the right choices for ourselves and don't allow ourselves to be influenced by our friends if we don't agree with something.
- Regular exercise, getting enough sleep and limiting our screen time are just as important as eating the right things to maintain a healthy lifestyle.
- Refusing things we don't need and repairing things we already have are another two ways of making sure we are looking after our environment.
- All of the people in our school community support us to be the best we can be. Communities need a range of people with diverse skills and talents to thrive.

Talent

A natural aptitude or skill.

Unique

The only one of its kind, unlike anything else.

Choice

Choosing between two or more possibilities.

Repair

To fix something if it is broken.

Sustainability

Avoiding using natural resources where possible to maintain balance.

Community

A group of people living in the same place.

Diverse

Including or involving people from a range of different backgrounds, genders etc.

Sticky Knowledge

Subject Specific Vocabulary



PHSE

Year 4

Valuing Difference



Concepts

Equality Identity

- ✦ I know that compromise involves listening to others, taking turns and being flexible.
- ✦ I know that shouting, swearing, pushing and damaging things are examples of aggressive behaviour.
- ✦ I understand that it is important to not join in with aggressive behaviour and that I should walk away/get an adult if I see anybody behaving aggressively.
- ✦ I know that showing respect towards others means accepting things that may make them different and not trying to put them down/make them feel sad because of these differences.
- ✦ I know that family, friends, TV and social media can all reinforce stereotypes.
- ✦ I understand that I have different types of relationships with different people that I know.
- ✦ I understand that it is normally safer to share things with my family and friends rather than people who are acquaintances.

Sticky Knowledge

Aspirational People

Oprah Winfrey-believed to be one of the most influential women in the world Oprah has long fought for the rights of others including against being stereotyped due to their race or gender.



Negotiation

A discussion where people try to reach an agreement about something.

Compromise

When people agree on something but have had to change what they do/how they think to do so.

Aggressive

Somebody who is ready or likely to attack or confront another person.

Respect

Showing consideration for the wishes, feelings and rights of others.

Stereotype

Thinking that one way of being fits all situations.

Friend

A person you are very close to who is not related to you.

Acquaintance

Somebody you know who is not as close to you as a friend is.

Subject Specific Vocabulary



PHSE

Year 4

Me and My Relationships



Concepts

Equality Identity

- I know what a positive, healthy relationship should look and feel like and can give some examples of this.
- I understand that there might be times when I need to say no to my friends in order to keep myself safe and happy.
- I am aware of different strategies I can use if I need to say 'no' to somebody.
- I can describe a range of feelings and explain whether they are 'good' or 'bad' feelings.
- I understand that sometimes what I'm feeling on the inside can affect the way I'm feeling on the outside and what this might look/feel like.
- I understand that I might have different feelings to my friends even if we are in the same situation and that this is ok.
- I can give examples of strategies I might use to respond to being bullied including things I would say and do.

Sticky Knowledge

Aspirational People

Rihanna-at school Rihanna was bullied because other girls said that her skin was too light. She is now the wealthiest girl musician in the world with millions of people paying to watch her concerts!



Assertiveness

Confident and forceful behaviour.

Exposure

Experiencing something or being affected by it because of being in a particular situation or place.

Communication

Telling people about things that have happened.

Confidence

Being sure that you are right about or can do something.

Emotions

Strong feelings in your mind such as love or fear.

Relationships

The way people get on with each other/a close friendship or connection between two people.

Self-Esteem

In your own worth and ability to do/say things.

Subject Specific Vocabulary