

## Living in the Wider world (PSHE Association)

### What are our rights and responsibilities?

- The difference between rights and responsibilities
- Rules and laws (Rule of law)
- Human rights and the rights of a child
- Individual liberty.

## Relationships education taught through Journey in Love.

### What makes a happy friendship?

- How do friendships make us feel happy and secure?
- Characteristics of a good friend
- That friendships sometimes have difficulties, and how to manage when there is problem or an argument between friends, resolve disputes and reconcile differences.
- How friendships support wellbeing and the importance of seeking support if feeling lonely or excluded
- How to recognise if a friendships is making them unhappy, feel uncomfortable or unsafe and how to ask for support.

### Families

- How families differ from each other (including that not every family has the same structure)
- How common features of positive family life often include shared experiences e.g. celebrations, special days or holidays
- How people within families should care for each other and the different ways they demonstrate this
- How to ask for help or advice if family relationships are making them feel unhappy, worried or unsafe.

Created for The Trinity Catholic Primary

# Year 3 RSHE

### What keeps us safe?

- How to recognise hazards that may cause harm or injury and what they should do to reduce risk and keep themselves (or others) safe.
- How to help keep their body protects and safe e.g. wearing a seatbelt, protective clothing and stabilizers.
- That their body belongs to them and should not be hurt or touched without their permission; what to do and who to tell if they feel uncomfortable
- How to recognise and respond to pressure to do something that makes them feel unsafe or uncomfortable (including online)
- How everyday health and hygiene rules and routines help people to stay safe and healthy (including how to manage the use of medicines, such as for allergies and asthma, and other household products, responsibly)
- How to react and respond if there is an accident and how to deal with minor injuries e.g. scratches, grazes, burns
- What to do in an emergency, including calling for help and speaking to the emergency services

## Health Education (PSHE Association)

### Why should we eat well and look after our teeth?

- How to eat a healthy diet and the benefits of nutritionally rich foods
- How to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist
- How not eating a balanced diet can affect health, including the impact of too much sugar/acidic drinks on dental health
- How people make choices about what to eat and drink, including who or what influences these
- How, when and where to ask for advice and help about healthy eating and dental care.

### Why should we keep active and sleep well?

- How regular physical activity benefits bodies and feelings
- How to be active on a daily and week basis - how to balance time with other activities
- How to make choices about physical activity, including what and who influences decisions
- how the lack of physical activity can affect health and wellbeing
- how lack of sleep can affect the body and mood and simple routines that support good quality sleep
- how to seek support in relation to physical activity, sleep and rest and who to talk to if they are worried.