

Year 4 RSHE

Relationships education taught through Journey in Love.

How can we make the world a better place?

- How can we make the world a better place?
- How do family and members of our community keep us safe
- How bullying and unkindness don't contribute to the mental health of others
- How can we promote positive mental health?
- How can we celebrate each other's' differences - school, home and the community?

How do we treat others with respect?

- How do we treat others with respect when they are different - physically, culturally or religiously.?
- How can we challenge stereotypes that encourage bullying?
- Dares, is it right to pressure someone to do something that isn't right?
- How can we respect the dignity of every person?
- About the different types of bullying including cyberbullying.

Living in the Wider world (PSHE Association)

How can our choices make a difference to others and the environment?

- How people have a shared responsibility to help protect the world around them
- How everyday choices can affect the environment
- how what people choose to buy or spend money on can affect others or the environment (Fairtrade, single-use plastics, giving to charity)
- the skills and vocabulary to share their thoughts, ideas and opinions in discussion about topical issues
- how to show care and concern for others (people and animals)
- how to carry our personal responsibilities in a caring and compassionate way

Health Education (PSHE Association)

How can we manage our feelings?

- How everyday things can affect feelings
- How feelings change over time and can be experienced at different levels of intensity
- The importance of expressing feelings and how they can be expressed in different ways
- How to respond proportionately to, and manage feelings in different circumstances
- Ways of managing feelings at times of loss, grief and change
- How to access advice and support to help manage their own or others' feelings.

How can we manage risks in different places?

- How to recognise, predict, assess and manage risks in different situations
- How to keep safe in the local environment and less familiar locations (e.g. near rail, water, road, fire/firework safety, sun safety and the safe use of digital devices)
- How people can be influenced by their peers' behaviour and by a desire for peer approval; how to manage this influence

What strengths, skills and interests do we have?

- How to recognise personal qualities and individuality
- To develop self-worth by identifying positive things about themselves and their achievements
- How their personal attributes, strengths, skills and interests contribute to their self-esteem
- How to set goals for themselves
- How to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking.