

- Speak to a parent, carer, teacher, assistant or a adult you trust
- If you are feeling worried about something and do not feel comfortable telling an adult, contact Childline to ask for support.
Childline :0800 1111 <https://www.childline.org.uk/>

Me and My Relationships

Co-operation; friendships

Sometimes, we might **disagree** with the people around us, and this often leads to arguments.

If we disagree, we can still be friends. How we **talk** and **listen** to each other is really important.



Having good **friendships** is important in helping us feel happy and included. Most of the times, friendships are positive, but sometimes we might fall out with our friends.

How can you make up with a friend you've fallen out with?



How could you help friends who aren't getting along?

Communication is the most important thing. We should talk about our feelings and listen to how each other feels.

Key Vocabulary

co-operation	disagreement	talk
listen	communication	friendship
fall out	make up	arguments

Valuing Difference

Recognising and respecting diversity; tolerance

There are different types of families, including **single parents**, **same-sex** parents, **step-parents**, blended families, **foster** and **adoptive** parents.



We all come from different **cultures** and **backgrounds**. We might look different, or have a different **religion**. Having a mix of different people is very lucky, and we can all learn from each other.

Sometimes, people are treated badly because they are different. Have you ever seen this? This is called **prejudice**, and it is not ok.



We should all try to be **respectful** and **tolerant** of other people. How can we make sure this happens in our classroom?

Treating someone with respect, or with tolerance, makes them feel like they **belong** and are **valued**.

Key Vocabulary

family	prejudice	respect
tolerance	belonging	valued
culture	difference	background



People who help us and where to ask for help:

- Speak to a parent, carer, teacher, assistant or a adult you trust
- If you are feeling worried about something and do not feel comfortable telling an adult, contact Childline to ask for support.
Childline :0800 1111 <https://www.childline.org.uk/>

Keeping Safe

Knowing what to do to stay healthy and safe

Some situations can present different **risks**. Sometimes, these can make something feel exciting - like doing a trick on our bike - but other times, they should be **avoided**.

Drugs are chemicals that cause a change in our bodies. This includes things like medicines that can help us, but also includes **harmful** substances like **alcohol** and **cigarettes**.



We all make choices about looking after our health. What activities we do, our diet and our habits can either be helpful or harmful for our health too.

Keeping safe online is very important. We must only use trusted sites and have adult supervision.



We all need **privacy** and have **personal** boundaries. Check your privacy settings and make sure only people you know can see your posts.

Never post personal details about yourself online.

There are some things which are **appropriate/ inappropriate** to share with friends, classmates and family.

Key Vocabulary

<i>alcohol</i>	<i>risk</i>	<i>cigarettes</i>
<i>nicotine</i>	<i>medicines</i>	<i>vapes</i>
<i>unsafe</i>	<i>harmful</i>	<i>internet safety</i>

Rights and Respect

Looking after yourself, others and the environment

Is a **fact** the same as an **opinion**?

Facts are pieces of information that can be proved to be true; you cannot argue with a fact.

Opinions are what someone thinks or believes about something else, such as whether it is good or bad.

Sometimes, there are 'false facts' that could be seen **online**, because anyone can add information to the internet. You can check these 'facts' on **trusted** websites, or with the help of an adult, to be sure that they're true.



As we get older, we need to keep ourselves safe and not just rely on others to look after us.

How can we help the people who help us?

It is important to tell trusted adults about any problems, and decide when to get help.

Key Vocabulary

<i>internet</i>	<i>false</i>	<i>check</i>
<i>adult</i>	<i>carer</i>	<i>fact</i>
<i>opinion</i>	<i>trusted</i>	<i>safe</i>

PHSE/RSHE
Knowledge Organiser
Year 3: Summer Term

Being My Best
Keeping healthy; food and exercise;
What to do when you find something difficult

Physical Health is defined as the condition of your body. It is very important for overall well-being, and can be affected by: **lifestyle: diet, level of physical activity, and behaviour.**

It is important to identify **healthy** and **unhealthy** choices (e.g. in relation to food, exercise, sleep).



It is important to be aware of what can help people to make healthy choices and what might negatively **influence** them.

Regular exercise such as walking or cycling has positive benefits for both our **mental** and **physical health.**

A healthy **balanced diet** should be eaten regularly to keep us both physically and mentally fit and strong.

It is important to recognise what **skills** and **talents** you have and be proud of yourself. These are the things that you are good at and could be anything from being a good friend to being great at juggling.

If you want to **develop** a skill or talent, you could set yourself a **goal** to work towards. How could you work to achieve your goal?

Key Vocabulary		
achieve	muscles	skills
talents	practice	exercise
balanced diet	energy	improve

People who help us and where to ask for help:

- Speak to a parent/carer, teacher, TA or an adult you trust
- If you are feeling worried about something and do not feel comfortable telling an adult, contact Childline to ask for support.
- **Childline: 0800 1111** <https://www.childline.org.uk/>

Growing and changing
Healthy relationships; keeping safe

Relationships can be **positive** or **negative.**

We need to treat other people with kindness and understanding. If we do this with our friends, we call it a **healthy friendship.**



In a healthy friendship, both people are happy and treat each other well.

A **secret** is something intentionally kept hidden and not shared with others, often for reasons that could be hurtful or cause discomfort. A **surprise**, on the other hand, is something that is kept hidden temporarily to be revealed later, usually with a positive outcome or celebration. There are adults at home and in school who you can talk to if someone asks you to keep a secret that you are uncomfortable about or is unsafe.

We call the space close around us our **body space.** There are times when other people can enter our body space, but you may want to ask someone to leave your body space too.

If anyone comes too close to you and makes you feel **uncomfortable**, you should ask them to move away in an **assertive** way.

Key Vocabulary		
relationship	respect	body space
secret	uncomfortable	relationships
surprise	assertive	personal space