

People who help us and where to ask for help:

- Speak to a parent, carer, teacher, assistant or a adult you trust
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Childline :0800 1111 <https://www.childline.org.uk/>

Me and My Relationships

Recognising feelings; bullying; assertive skills

Body-language is when someone's body or face shows how they are feeling even without them telling you.

How can you tell how someone might be feeling worried by looking at their body language? What feelings can't you show in your body language?

Bullying is when someone is intentionally and **repeatedly** unkind to someone else.

If you or someone else is being bullied, you should tell a **trusted adult** so that they can help.

What are the different ways you could help someone who is being bullied?



Being **assertive** means speaking up for yourself in an honest, respectful and confident way. If you can do this, people will be more likely to do what you ask them.

When might you need to be **assertive**?



Key Vocabulary

teasing	bullying	repeatedly
body language	emotions	scared
lonely	worried	confident

Valuing Difference

Recognising and celebrating difference; understanding and challenging stereotypes

People usually look different, but there are some differences we can't always see. People may follow a different **religion** or come from a different **culture**.

Sometimes this might cause a problem when people don't understand each other, but being different can be a very positive thing. You can learn a lot about the world by talking to different people and finding out about their lives.

A **stereotype** is when we think people from different cultures, religions or backgrounds will all behave the same way. This is a form of **prejudice**.



When people are **labelled** in this way, how do you think they will feel?

If we ever hear someone being stereotyped, we should speak out against it. Every is unique and deserves to be treated as an individual.

Key Vocabulary

challenge	labelled	stereotype
religion	culture	prejudice
differences	similarities	respect



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Keeping Safe

Managing risk; understanding legal drug use; influences

The world around us is full of **risks**. At times there is no chance but to face a risky situation, but we should always try to **reduce** the risk where possible. We might need some help, some special equipment or the chance to prepare.

Some drugs are **legal** for adults in the UK. Adults can decide whether they want to smoke cigarettes, use a vape or drink alcohol.

Most people choose not to smoke or drink too much alcohol because it is **harmful** for your body. Doctors have found that many serious diseases and illnesses can be linked to alcohol and cigarettes. It is particularly harmful for young people's bodies.



People's behaviour and decisions can be **influenced** by other factors. This could be friends, the media or information online.

Although influences can be positive and help you make good choices, they could also be **negative**.

How can you decide what makes a positive influence on your decisions?

Key Vocabulary

<i>hazard</i>	<i>decision</i>	<i>danger</i>
<i>consequences</i>	<i>drug</i>	<i>harmful</i>
<i>influenced</i>	<i>cigarettes</i>	<i>alcohol</i>

Rights and Respect

Making a difference; media influence, decisions about spending money

Even one person can make a difference to the **environment**. By reducing, reusing and recycling, we can make sure that we have a smaller impact on the world.

However, one person acting is not enough. We can be **active bystanders** and try to influence the people around us or the government to be more **responsible** about the environment.



The **media** is what we see on the TV, news and internet. Not everything we see in the media is true, however, and there are often two sides to a story.

To avoid being **influenced** too much by the media, we can try to find different views on the same stories and carry out more research. It is important to think for ourselves.



Do you ever choose how to spend your own money? You might have noticed that different people and organisations also have to make decisions about spending too. This could be parents or carers, the school or even the government.

Key Vocabulary

<i>behaviour</i>	<i>media</i>	<i>spending</i>
<i>reduce</i>	<i>influence</i>	<i>environment</i>
<i>community</i>	<i>responsibility</i>	<i>income tax</i>

PHSE/RSHE Knowledge Organiser Year 4: Summer Term

Being My Best

Choices and decisions about my health; taking care of my environment

What choices do you make to keep you **healthy**?

It is important to look after your health as a child to make sure that you grow up to be a healthy adult. If you make good habits now around your **diet** or **exercise**, it will be easier to keep them up when you're older.

Looking after yourself in the future means you will be less likely to get seriously ill.



Your **environment** is the space around you. This could mean in your classroom, your home, the city you live in or the whole planet itself.

Do you do anything already to look after your environment?

If we don't look after the environment, this could affect our future for the worse.

Our behaviour, and the **behaviour** of countries and companies, could **damage** the environment in the future. The weather could become much worse, and it could become very hard for living things to survive like they do now.

Key Vocabulary

<i>recycle</i>	<i>injury</i>	<i>illness</i>
<i>exercise</i>	<i>mental health</i>	<i>future</i>
<i>community</i>	<i>wellbeing</i>	<i>damage</i>

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Growing and changing

Body changes during puberty; managing difficult feelings; relationships including marriage

It is important to know our bodies **change** during **puberty**. Girls start to develop **breasts**. Both boys and girls start to grow **hair** in their **armpits** and around their **pubic** areas. Boys' **voices 'break'** (deepen) and they start to grow **facial hair**.

During **puberty** girls start to have **periods** (menstruate). During puberty boys start to have **erections** and '**wet dreams**'.

Puberty changes the **hormones** in our bodies. These chemicals in our body can affect a person's feelings and mood. Teenagers may begin to have more difficult feelings leading to arguments with parents or changes in their behaviour. It is normal to feel anxious or uncomfortable at this time, and you should try to talk about your feelings.



Some people choose to get **married** when they are older – in the UK you need to be over 18 to get married.

Other couples may choose to have a **civil ceremony**, or just live together without getting married.

Key Vocabulary

<i>puberty</i>	<i>breasts</i>	<i>hormones</i>
<i>pubic hair</i>	<i>periods</i>	<i>menstruate</i>
<i>marriage</i>	<i>civil partnership</i>	<i>legal</i>