

Year 4 PSHE Medium Term Plan - Autumn



Theme: Relationships

Sub-themes:
Families and friendships
Safe relationships
Respecting ourselves and others

Core Substantive Knowledge	Key Vocabulary	Question
Families and Friendships: Positive friendships and online friendships Children learn: - What makes a good friend (like respect, trust, and shared interests) - How to make and keep positive friendships - What to do if they feel left out or lonely - How to be kind and respectful when chatting online - The difference between online and real-life friendships, and the risks of talking to strangers online - Who to talk to if they feel worried about something online	Mutual, respect, maintaining Loneliness, invisible, unnoticed Risks, deception, honest, verify Respect privacy, online, face-to-face, online forum, chatroom, social media	- What is a positive friendship? - Who can I turn to? - How are online friendships different to in person friendships? - What is a healthy online friendship?
Safe Relationships: Bullying and what feels unsafe Children learn: - The difference between joking, being mean, and bullying (including online) - How to respond if they or someone else is being bullied - How to tell if a dare is safe or risky, and how to say no - When it's okay to keep a secret and when to tell a trusted adult - How to spot unsafe online content or people pretending to be someone else - How to get help if something online makes them feel uncomfortable	Friendships, trust, making friends Cyberbullying, report Age restrictions, content, contact, verify Consequences, peer pressure, teasing	- Is it ok to share a secret? - How can I report cyberbullying? - Who am I talking to? - Do I have to do that dare?

Respecting Ourselves and Others: Differences and values Children learn: • That people are different in many ways (like gender, race, religion) • That we also have things in common, like interests and values • Why it's important to respect everyone's differences • How to talk about differences in a kind and respectful way	Unique characteristics, value, challenge stereotypes Shared values, commonalities, connection, belonging Respect, harmonious, inclusive Unique	• Are we all the same? • Why do I need to respect people? • Is it okay to be different?
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