

An overview of PSHE in Year 4 - Summer Term 1



Our learning this term in PSHE will be about "VIPs". Below you can read the overview of learning objectives for this PSHE topic.

- **Friendship**

We will learn about recognising feelings in others and how we should respond to these. We will learn about how our actions can affect us and those around us. We will think about why we need new friendships and when we might need these. The children will suggest different ways that they could make new friends. We will create a list to explain positive actions and ways to treat people to ensure we stay friends and become an anonymous friend to someone in our class. We will learn of different strategies to help when we fall out with our friends and how to resolve conflicts through negotiation and compromise.

- **Different relationships**

We will learn about different types of relationships and the difference between acquaintances, friends, relatives and families. The children will discuss what makes a positive, healthy relationship and how to form, develop and maintain these. We will also discuss the ways relationships can be unhealthy and who we can talk to if they need support. Children will learn about personal boundaries and privacy, we will be identifying what they are willing to share with their most special people.

- **Bullying**

We will learn about what constitutes bullying and the different ways this can be displayed. We will discuss the nature and consequences of discrimination, teasing, bullying and aggressive behaviour. We will think about different types of bullying including antisocial behaviour, cyber-bullying, discrimination and prejudice of individuals and communities. We will talk about the impact bullying can have on the victim and the bully and what we can do as individuals to support both victims and bullies.

- **Who can help?**

As a class we will learn about our support networks and reflect on when we may need to access support and who we can get that support from. We will also think about who can help if we are being bullied or if we know when someone is being bullied. We will think about who can be part of our support networks and the most appropriate people to go to in different scenarios.