



PSHE Overview: GROWING UP

Year Group: Year 4 Term: Summer 2

Protected Characteristics link: Sex

British Values link: The rule of law, individual liberty, mutual respect, tolerance of those of different faiths and beliefs.

We Are Learning to:

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| <ul style="list-style-type: none"> Understand that everyday hygiene routines can limit the spread of infection. | <ul style="list-style-type: none"> Understand the human life cycle (in terms of the stages a human goes through from birth to adulthood). |
| <ul style="list-style-type: none"> Identify what contributes to who we are. | <ul style="list-style-type: none"> Understand privacy and personal boundaries. |
| <ul style="list-style-type: none"> Recognise their individuality and personal qualities. | <ul style="list-style-type: none"> Recognise what seeking and giving permission (consent) means. |
| <ul style="list-style-type: none"> Identify personal strengths, skills, achievements and interests. | <ul style="list-style-type: none"> Explain where to get advice or report concerns if worried. |
| <ul style="list-style-type: none"> Identify the importance of keeping clean and how to maintain personal hygiene. | <ul style="list-style-type: none"> Learn about stereotypes |

We do not cover puberty as this is taught in year 5 but we will discuss personal hygiene at this age e.g. regular washing, using deodorant etc. We may even talk about getting spots as this links to hygiene practices too.

Useful conversations to have at home:

- Encourage your child to ask you any questions about growing up. You may want to discuss puberty at this stage depending on the development of your own child. Although we teach this in year 5, please liaise with the year 4 teachers, if required, as we can offer support and advice in this area and also support your child individually according to their needs.



Encourage your child to be positive about themselves and their own interests.

- Discuss giving others permission to do things (consent) e.g. if people keeps touching Clare's hair because it is really curly and she doesn't like it she should tell them to stop.
- Discuss personal space and boundaries. In all of these discussions, encourage your child to talk about their own feelings.

