

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.

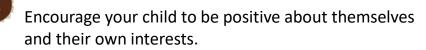
We Are Learning to:

Understand that everyday hygiene Understand the human life cycle (in routines can limit the spread of terms of the stages a human goes infection. through from birth to adulthood). Understand privacy and personal Identify what contributes to who boundaries. we are. Recognise what seeking and giving Recognise their individuality and personal qualities. permission (consent) means. Identify personal strengths, skills, Explain where to get advice or report achievements and interests. concerns if worried. Identify the importance of Learn about stereotypes keeping clean and how to maintain personal hygiene.

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.



- 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.

