



PSHE Overview

Relationships

Year Group: Year 4

Term: Autumn 2

British Values: Democracy, Individual liberty, Mutual respect tolerance of those of different faiths and beliefs.

Protected Characteristics: Race, Religion or belief and Sex

We Are Learning to:

<ul style="list-style-type: none"> Recognise that there are different types of relationships. 	<ul style="list-style-type: none"> Identify what constitutes a positive healthy friendship.
<ul style="list-style-type: none"> Recognise the different ways people care for each other. 	<ul style="list-style-type: none"> Comparing the difference between healthy/ unhealthy friendships.
<ul style="list-style-type: none"> Recognise and respecting that there are different family structures. 	<ul style="list-style-type: none"> Understanding the benefits of having different types of friends.
<ul style="list-style-type: none"> Recognise the characteristics of healthy family life. 	<ul style="list-style-type: none"> Recognising the risks associated with keeping a secret.
<ul style="list-style-type: none"> Identify the strategies to build positive friendships and how friendship can support wellbeing. 	



Useful conversations to have at home:

- Discuss what a healthy friendship would look like (treating others as you wish to be treated yourself).
- Discuss incidents with friends as they arise, discussing possible solutions to problems, including compromise.
- Discuss the idea of different types of friends e.g. friends from school, best friends, friends from clubs outside of school etc.
- Ask your child if a friend has ever asked them to keep a secret. Discuss when secrets should be shared-refer to the NSPCC campaign Speak Out, Stay Safe.

<https://learning.nspcc.org.uk/services/speak-out-stay-safe>

