



PSHE Overview

Topic: Relationships

Year Group: Year 3 and 4

Term: Cycle A, 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

Vocabulary: respect, compromise, healthy/unhealthy relationships, family structure, strategies.

We Are Learning to:

Recognise that there are different types of relationships e.g. friends, family etc.	Identify what constitutes a positive healthy friendship and to understand that friendships can have ups and downs.
Recognise the different ways people care for each other.	Compare the difference between healthy/ unhealthy friendships.
Recognise and respecting that there are different family structures.	Understand the benefits of having different types of friends.
Balance the needs/wishes of other people with our own needs and to be kind to others.	Recognise the risks associated with keeping a secret.
Identify the strategies to build positive friendships and how friendship can support wellbeing including our own wellbeing.	Recognise when we are being pressured to do something unsafe and develop strategies for managing this.



Useful conversations to have at home:

- Discuss what a healthy friendship would look like (treating others as you wish to be treated yourself) and that healthy friendships are not possessive or controlling.
- Discuss incidents with friends as they arise, discussing possible solutions to problems, including compromise.
- Explain that friendships have ups and downs and that they need to work through these through communicating effectively.
- Discuss the idea of different types of friends e.g. friends from school, best friends, friends from clubs outside of school etc. and how the relationships are different.
- Discuss different family structures and encourage respect for these.
- 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>

