



Personal, Social, Health and Economic (PSHE) helps pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children to stay healthy and safe, understanding their relationships, academic, personal and social lives in a positive way.

|                               |                          |                           |                     |                            |
|-------------------------------|--------------------------|---------------------------|---------------------|----------------------------|
| <u>Self and Relationships</u> | <u>Respecting Others</u> | <u>Healthy lifestyles</u> | <u>Keeping Safe</u> | <u>The World Around Us</u> |
|-------------------------------|--------------------------|---------------------------|---------------------|----------------------------|

| P.S.H.E. Is taught both explicitly and discretely across the curriculum.<br>This half term, the following statements from the P.S.H.E Association will be covered:                                                                            |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| R10. About the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing.                                                                                                           |  |
| R12.T recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face; risks of communicating online with others not known face-to-face.                                                              |  |
| R13. The importance of seeking support if feeling lonely or excluded.                                                                                                                                                                         |  |
| R14. That healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them.                                                                                               |  |
| R15. Strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others.                                                                               |  |
| R16. How friendships can change over time, about making new friends and the benefits of having different types of friends.                                                                                                                    |  |
| R17. That friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely.                                                                                                                     |  |
| R18. To recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary.                                                                                       |  |
| R19. About the impact of bullying, including offline and online, and the consequences of hurtful behaviour.                                                                                                                                   |  |
| R20. Strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support. |  |
| <u>British Value:</u>                                                                                                                                                                                                                         |  |
| Rights and Responsibility                                                                                                                                                                                                                     |  |

| <u>Key Vocabulary</u> |              |         |
|-----------------------|--------------|---------|
| anti-bullying         | consequences | respect |
| friendship            | report       | rights  |