



PSHE Framework: Year 4

Autumn 1	Myself and My Relationships Family and Friends	<ul style="list-style-type: none"> • What is a healthy friendship and how does trust play an essential part? • What skills do I need for choosing, making and developing friendships and how effective are they? • How can I help to resolve disagreements positively by listening and compromising? • Can I empathise with other people in a disagreement? • How can I check with my friends that their personal boundaries have not been crossed? • How do my family members help each other to feel safe and secure even when things are tough? • Who is in my network of special people now and how do we affect and support each other?
Autumn 2 Also done by Y3	Myself and My Relationships Anti-Bullying	<ul style="list-style-type: none"> • How are falling out and bullying different? • How do people use power when they bully others? • What are the key characteristics of different types of bullying? • How can lack of respect and empathy towards others lead to bullying? • What is the difference between direct and indirect forms of bullying? • What are bystanders and followers and how might they feel? • Do I understand that bullying might affect how people feel for a long time? • How can I support people I know who are being bullied by being assertive? • How does my school prevent bullying and support people involved?
Spring 1	Citizenship Diversity and Communities	<ul style="list-style-type: none"> • What have we got in common and how are we different? • How might others' expectations of girls and boys affect people's feelings and choices? • How are our families the same and how are they different? • Do people who live in my locality have different traditions, cultures and beliefs? (to include 'respect different lifestyles, beliefs and traditions' from Y5) • How does valuing diversity benefit everyone? • Why are stereotypes unfair and how can I challenge them?
Spring 2	Healthy and Safer Lifestyles Drug Education	<ul style="list-style-type: none"> • What medical & legal drugs do I know about, and what are their effects? • Who uses and misuses legal drugs? • Why do some people need medicine and who prescribes it? • What are immunisations and have I had any? • What are the safety rules for storing medicine and other risky substances? • What should I do if I find something risky, like a syringe?
Summer 1	Health and Safer Lifestyles Personal Safety	<ul style="list-style-type: none"> • Can I recognise when my Early Warning Signs are telling me I don't feel safe? • Who is on my personal network and how can I ask them for help? • What could I do if I feel worried about a friendship or family relationship?

		<ul style="list-style-type: none"> • What sort of physical contact do I feel comfortable with and what could I do if physical contact is unwanted? • How can I decide if a secret is safe or unsafe? • How can I keep safe online?
Summer 2	Healthy and Safer Lifestyles Relationship and Sex Education	<ul style="list-style-type: none"> • What does it mean to be 'grown up'? • What am I responsible for now and how will this change? • How do different caring, stable, adult relationships create a secure environment for children to grow up? • What happens to different bodies at puberty? (Emotional changes from Y5 objectives to be taught here)