

## Year 4 RSHE Coverage

Term	Autumn 1		
Theme	Relationships (Friendships)	Health and wellbeing (Mental health)	
Unit	Are all friends the same?	Are friendships always fun?	Are we happy all the time?
Unit objectives	<ul style="list-style-type: none"> <li>- Understand that differences in gender, skin colour, religion, culture, sexuality and (dis)ability should not inhibit friendship or cause negative treatment</li> <li>- Discuss the similarities and differences between boys and girls,</li> </ul>	<ul style="list-style-type: none"> <li>- Understand that relationships come with a mixture of positive and negative emotions</li> <li>- Appreciate that friendships are not always perfect</li> <li>- Understand that it is normal to disagree with your friends</li> <li>- Develop techniques to deal with conflict within friendships</li> <li>- Understand when a relationship is unhealthy when support is required</li> </ul>	<ul style="list-style-type: none"> <li>- Understand the range of negative emotions that we can have</li> <li>- Learn what to do if we experience low moods</li> <li>- Build self esteem</li> </ul>
Unit vocabulary	Ramadan, Islam, Muslim, bullying, discrimination, gender	Disagreement, positive and negative emotions, perfect, compromise	feelings, emotions, sadness, depression, anger, happiness, love, self-esteem

Term	Autumn 2		
Theme	Community		
Unit	How do we make the world fair?	Where do you feel like you belong?	How do we help the people around us?
Unit objectives	<ul style="list-style-type: none"> <li>- Understand what is meant by 'the rule of law' [link to British Values]</li> <li>- Understand the basics of how laws are made and enforced</li> <li>- Appreciate the reasons why we need laws and that these are not always the same for everyone (some people need more protection - for example children)</li> <li>- Appreciate that the world is not fair and it is our responsibility to help those less fortunate</li> <li>- Identify our common values (Link to 'British Values')</li> </ul>	<ul style="list-style-type: none"> <li>- Understand that we are all part of a wider community if people, who we rely on</li> <li>- We have a responsibility to support other people in our community when we are able to</li> <li>- Know that we should treat the people in our community with respect</li> <li>- Understand that biological parents are not always the people that look after a child</li> <li>- Appreciate that the people you live with are not always part of your 'birth family' (adopted/foster care, carers)</li> </ul>	<ul style="list-style-type: none"> <li>- Understand that we have the power and responsibility to make our communities better places to live</li> </ul>
Unit vocabulary	Rules, laws, government, vote, rights, police, fair, equal, equality	Community, citizen, support, belong, adoption, same-sex, gay, straight	Community, responsibility, acts of kindness

Term	Spring 1	
Theme	Community (Online safety)	
Unit	Digital media	Verifying content
Unit objectives	- Become more digitally literate by being able to analyse digital content	- Understand that information online must be checked before it is believed - Understand some of the motivations behind putting false things online
Unit vocabulary	Digital literacy, analyse, content, media, headlines, features, tabloid, broadsheet	Content, media, advertising, fake news, theories

Term	Spring 2
Theme	Relationships (Families)
Unit	Are boys and girls the same?
Unit objectives	<ul style="list-style-type: none"><li>- Understand that all people deserve respect, even if they are different to other people</li><li>- Appreciate that we all have different abilities and find different things challenging</li></ul>
Unit vocabulary	Gender, stereotype, sexism bullying, disability, diversity, religion

Term	Summer 1			
Theme	Relationships (Families)		Communities (Online safety)	
Unit	Why do some people get married?	Are families ever perfect?	Control and consent	Protecting our identity
Unit objectives	<ul style="list-style-type: none"> <li>- Understand why some people get married</li> <li>- Appreciate that not everyone wants to get married</li> <li>- Know that forced marriage is illegal</li> </ul>	<ul style="list-style-type: none"> <li>- Identify the positive features that should be present in a family</li> <li>- Learn how to disagree with respect</li> <li>- Know the difference between secrets and surprises (when to break confidentiality)</li> <li>- Understand the concept of consent</li> </ul>	<ul style="list-style-type: none"> <li>- Understand that social media comes with pressure -</li> <li>Understand that we have a significant amount of control over our online lives -</li> <li>Understand that our actions/lack of actions can have an impact on ourselves and those around us</li> </ul>	<ul style="list-style-type: none"> <li>- Understand that our personal information is valuable, sensitive and private to us</li> <li>- Understand that giving away personal information can lead to both physical and emotional damage</li> <li>- Understand that many small details can be pieced together to gain a much more comprehensive set of information about a person</li> </ul>
Unit vocabulary	Marriage, wedding, ceremony, gay	Consent, secrets, surprises, unwanted, fault	Control, consent, social media, manipulation, public, private, pressure	Personal, information, identity, protect, privacy, valuable, sensitive