

RSHE Key Stage 2 Overview

	Autumn Term	Spring Term	Summer Term
Year 4	<p>Anti-bullying: building positive friendships and including others.</p> <p>Recognise the importance of friendships and how to build positive friendships which support wellbeing.</p> <p>Understand how important it is to seek support when lonely or excluded and that healthy friendships are ones that make people feel included.</p> <p>Recognise when others feel excluded or learning and learn strategies to include them.</p> <p>Understand the impact of bullying both offline and online and what the consequences are of this hurtful behaviour.</p>	<p>Friendships</p> <p>Understand that all friendships have ups and downs and learn ways to resolve disputes and reconcile differences positively and safely.</p> <p>Recognise when a friendship is making them feel unsafe and know how to ask for support if necessary.</p> <p>Understand that we all have a right to privacy and personal boundaries and what is appropriate in a friendship or wider relationship.</p> <p>Learn how to respond safely and appropriately to unknown adults they may encounter (both online and offline).</p>	<p>Family relationships</p> <p>Understand that people who love and care for each other may do so while living together or living apart, in marriages or not.</p> <p>Understand the caring relationships are part of positive family life and that people care for one another in different ways.</p> <p>Recognise if family relationships are making them feel unhappy or unsafe and know how to seek help or advice.</p> <p>Growing up</p> <p>Begin to learn about how puberty relates to human reproduction and recognise the external genitalia and internal reproductive organs in males and females.</p> <p>Understand that puberty can cause physical and emotional changes including menstruation.</p> <p>Introduce key facts about the menstrual cycle.</p> <p>Begin to understand why personal hygiene is so important as puberty occurs and the body changes.</p>