# Coley Primary School – Knowledge Organiser

| SUBJECT FOCUS: | PSHE including RSE | YEAR 4 | WHOLE SCHOOL YEAR |
|---|---|---|---|

## RELATIONSHIPS

### Healthy Relationships Key Facts

- We have different types of **relationships** with different people.
- A healthy **relationship** needs to be fair – it should never be one person doing all the giving and the other person taking.
- **Trust**, **respect** and kindness make a good friendship.
- We don't have to have all the same **interests** to be friends with someone.
- While **arguing** with friends is not nice it can lead to a better friendship if the argument is worked out properly.
- People may push us to follow or do the same things as them. This is called **peer pressure.**
- Bullying can take many forms **verbal**, **physical**, **emotiona**l and **cyber**.
- Anyone can be a **victim** of **bullying** and it can happen at any age.
- There are usually **witnesses** to bullying.
- You should talk to an adult you trust if you are being bullied or are worried about someone else being bullied either face to face or online.
- **Victims** of bullying need **support**.
- **Bullies** also need help to change their behaviour.
- **Cyberbullying** is bullying, report it straight away. Use the report functions on websites and apps and speak with an adult you trust.
- When we communicate online we should always be **respectful.**
- We should be careful who we choose to communicate with online, they might **not** being telling the truth about who they are.
- If we are ever **uncomfortable** about someone's behaviour or something they have said, face to face or online we should tell an adult we trust.
- Websites and apps have **report** and **block** functions to help protect us.

| Key Words | | | |
|---|---|---|---|
| trust | respect | opinion | belief |
| gender | peer pressure | verbal | bully |
| physical | emotional | value | cyber |
| witness | aspiration | victim | faith |
| sexual orientation | | | |

### Valuing Differences Key Facts

- We are all unique – we have our own ideas and **opinions.**
- Everyone deserves to be treated with **respect**, even if they are not our friend.
- Everyone is different, people have different backgrounds, **faiths, genders** and **sexual orientations.**
- People also have **similarities**. We may have the same likes and dislikes, the same **values** or **aspirations.**
- When talking about our **beliefs** and **ideas** with others we should take care to speak respectfully and learn the correct vocabulary to express our thoughts.



# HEALTH AND WELLBEING

## Healthy Lifestyles
## Key Facts

- Having enough sleep, **exercise** and to eating a healthy **balanced diet** help keep us physically and mentally well.
- The right diet, exercise and sleep help us to stay well and fight illness.
- If we are ill we may need to ask for advice from a **pharmacist** or **doctor.**
- Visiting the dentist every 6 months helps us protect the health of our teeth. The dentist can spot any problems early and give us advice.
- Good **oral hygiene** includes brushing our teeth twice a day for 2 minutes.
- Foods and drinks that contain lots of sugar can damage our teeth and cause **cavities.**

## Growing and Changing
## Key Facts

- Our bodies belong to us and we can decide if we want other to touch us or not this is called **consent.**
- Boys and girls have different **genitalia** and **reproductive organs.** It is important we know what these are called so we understand our bodies.
- It is important to know our bodies change during **puberty** so that we are not upset or surprised. Girls start to develop **breasts.** Both boys and girls start to grow hair in their armpits and around their **pubic** areas. Boys voices **'break'** (deepen) and they start to grow **facial hair**.
- During puberty girls start to have **periods (menstruate).**
- During puberty boys start to have **erections** and **'wet dreams'.**
- Puberty changes the **hormones** in our bodies. It is important that we wash regularly and maybe use **deodorant** to stay clean and fresh.
- **Puberty** can change effect our emotions. Some **emotions**, like feeling **anxious**, **jealous or angry** can be uncomfortable, it is important to acknowledge and name our emotions to

| Key Words | | | |
|---|---|---|---|
| cavities | dentist | diet | doctor |
| nutrition | oral hygiene | pharmacist | |
| consent | genitalia | reproductive organs | puberty |
| pubic hair | hormones | breasts | menstruate |
| uterus | vulva | vagina | clitoris |
| fallopian tubes | ovaries | cervix | penis |
| erection | scrotum | testes | vas deferens |

## Keeping Safe
## Key Facts

- A **drug** is something that when it goes into our body changes how we think and feel.
- **Medicines** are **legal** drugs given to you by a doctor. You should take medicine exactly as the doctor says and never take anyone else's.
- Taking medicine incorrectly or that is not **prescribed** for you can make you very ill and be very dangerous.
- **Tobacco, alcohol** and **caffeine** drinks are **drugs** and can damage our health.
- All drugs have side effects for example smoke from cigarettes can worsen asthma and lead to lung diseases.
- Many drugs are **addictive**, the more you have the more you want.
- We use cleaning products to help keep our homes clean.
- Cleaning products contain **chemicals** that can cause harm us if used incorrectly.
- Cleaning products and chemicals should always be kept out of the reach of children.



# LIVING IN THE WIDER WORLD

## How Data is Shared and Used
## Key Facts

- Whenever we post online this leaves a **digital footprint.**
- We need to take care that we don't share **personal information** including accidentally, like our school logo or door number in a photo.
- We can use the **search engines** to find information on the internet. They give the most popular websites for that search.
- Information that we share, websites we visit or searches we make may be used to show us **adverts** of things we might like to buy.

## Money and Work
## Key Facts

- When we have money we can keep it in a bank account.
- We can plan how we spend our money, this is called **budgeting**.
- We can need to **prioritise** money. What we **need** to spend money on and what we **want** to spend money on.
- There are different ways we can pay for goods such as cash, debit cards, credit cards, cheques and e-payments.
- Checking the **balance** in a bank account regularly helps keep track of how much money you have left.
- Keeping track of money helps people to know they have kept to their budget and haven't **overspent.**
- How we **spend** our money can have positive and negative effects. Giving to a charity can be **positive**. Buying single use cups can be **negative**.

| Key Words | | | |
|---|---|---|---|
| credit card | debit card | cash | cheque |
| bank account | e-payment | budget | overspend |
| balance | priorities | need | want |
| spend | save | positive | negative |
| search engine | digital footprint | digital citizen | adverts |
| volunteer | | | |

## Belonging to a Community
## Key Facts

- We all belong to different **communities**, we belong to our school community but may belong to other such as faith groups or clubs.
- People can help others in their communities and **support** each other.
- Sometimes people **volunteer** their times to help in the community.
- Some people may have jobs that support the community for example, health care, education and caring for animals.
- Working together as a community can help **care** for others who are in need.
- We can make a difference in the way we treat others and need to think about our **responsibilities** in caring for them.

**Possible Experiences**

Life Bus Visit

Visit from representative from a bank

Internet Safety Day




