



RELATIONSHIP EDUCATION: YEAR 4

<p><u>AUTUMN 1</u></p> <p><u>Families</u></p> <p>JIGSAW link BEING ME IN MY WORLD</p>	<ul style="list-style-type: none"> • That families are important for children growing up because they can give love, security and stability (all year groups) • The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives (all year groups)
<p><u>AUTUMN 2</u></p> <p><u>Respectful Relationships</u></p> <p>JIGSAW link CELEBRATING DIFFERENCE</p>	<ul style="list-style-type: none"> • The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs (All year groups) • Practical steps they can take in a range of different contexts to improve or support respectful relationships (All year groups) • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority (all year groups) • The importance of self-respect and how this links to their own happiness (Year 4) • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help (year 4)
<p><u>SPRING 1</u></p> <p><u>Online safety</u></p> <p>JIGSAW link DREAMS AND GOALS</p>	<ul style="list-style-type: none"> • The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them (all year groups) • How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met (KS2) • That people sometimes behave differently online, including by pretending to be someone they are not ((Year 4 & 5 Yasmin and Tom) • That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous ((Year 4 & 5 Yasmin and Tom) • How information and data is shared and used online (Year 4 & 5 Yasmin and Tom) • YASMIN AND TOM LESSONS: <ul style="list-style-type: none"> - Is it risky? - People who can help us on and offline
<p><u>SPRING 2</u></p> <p><u>Being safe</u></p> <p>JIGSAW link HEALTHY ME</p>	<p>To be taught in all year groups using a combination of Yasmin & Tom and/or NSPCC Resources (PANTS, Pantosaurus)</p> <ul style="list-style-type: none"> • What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) • About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe • That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact • How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know • How to recognise and report feelings of being unsafe or feeling bad about any adult • How to ask for advice or help for themselves or others, and to keep trying until they are heard • How to report concerns or abuse, and the vocabulary and confidence needed to do so • Where to get advice e.g. family, school and/or other sources

<p><u>SUMMER 1</u></p> <p><u>Friendships</u></p> <p>JIGSAW link RELATIONSHIPS</p>	<ul style="list-style-type: none">• How important friendships are in making us feel happy and secure, and how people choose and make friends (all year groups)
<p><u>SUMMER 2</u></p> <p><u>Changing bodies</u></p> <p>JIGSAW link CHANGING ME</p>	<p>Sex Education & changing adolescent bodies:</p> <p>Year 1: My Brilliant Body</p> <p>Year 2: Naming my body parts</p> <p>Year 3: My personal and private body parts and keeping safe</p> <p>Year 4: Body care</p> <p>Year 5: Changes at puberty and periods</p> <p>Year 6: Making babies/wet dreams and masturbation</p> <ul style="list-style-type: none">• YASMIN AND TOM LESSONS:<ul style="list-style-type: none">- Body care

