

Families

Families can look different: some have one parent, some have two, some are blended (with step-parents or step-siblings), some are foster or adoptive.

Families are groups of people who care for each other. Some may have pets too!

Families can be different in race, religion, gender, marriage, or age — but they are all special.

Sometimes families change, and this can cause problems or arguments.

Communities

A community is when you feel like you belong to a group of people who share things in common.

If someone is left out or excluded, they might feel like they don't belong.

Respect and Anti-racism

We should all stand up to racism.

If someone says or does something racist, you can calmly and respectfully say: "That's not right."

Ourselves and Others

Positive attributes are things we are good at.

Goals are things we are trying to get better at.

Everyone has different strengths and goals, and that's okay.

Online Bullying

Online bullying can mean sending unkind messages or sharing hurtful, false, or mean things about someone.

This can make people feel sad, lonely, angry, or frustrated.

Touch and Relationships

There are safe touches (like gentle, caring touches) and unsafe touches (like ones that hurt or feel uncomfortable).

Relationships can be healthy (kind, caring, respectful) or unhealthy (mean, unkind, unsafe).

Getting Help

If you are worried about bullying, unsafe touch, or unhealthy relationships, talk to a trusted adult.

You can also call **Childline** on **0800 1111** for help.

What are different strategies we can use to help solve conflict between family members or friends?



PSHE

Year 4

Autumn

Term

Relationships

UN Rights of the Child



British Values



Protected Characteristic



Mutual respect

-Treat each other the way you would like to be treated.

Marriage



Vocabulary

Word	Definition
Judgement	An opinion about someone based on evidence, correctly or incorrectly made.
Equality	Each individual is given the same opportunities or resources.
Diversity	Involving people from many different backgrounds e.g. different genders, faiths or races.
Cohesion	Forming a united whole e.g. cohesion in your class is when you all work together as part of a community with similar goals, and no one is left out.
Anti-racist	An ongoing active effort to challenge
False content	When information is made up or made to seem like fact.
Civil partnership	A formal legal relationships between partners. Similar to a marriage without a religious aspect.

ChildLine

0800 1111



How can you help to include those who are different to yourself?