

Finally we will be discussing how we can show respect for others, inside and outside of the school. We will identify behaviour that is acceptable and unacceptable, and generate a class definition of 'bullying'.

All of the above areas will be taught through careful discussions and activities, where the children's self-esteem goes hand in hand with accurate information as well as where/ when they can go to get more information at their level. Our aim is to ensure the children grow up to be able to be proud, confident, happy children who know it is ok to ask for help and advice.



## St George's PSHE curriculum 2016



During this term we are going to be learning about how we can be healthy, how we can make (and keep) friends, how we grow up and change as well as how we can keep ourselves safe.

At St George's Primary School, we aim to teach the children about themselves, their surroundings, who they can turn to for advice and how to make good choices. Below are some examples of the areas we will be covering. If you have any questions, please feel free to come and talk to the class teachers who will be able to discuss the lessons in more detail.

## Year 4

We will be using 'circle time' to discover the children's knowledge of drugs. We will focus on everyday substances that could be classed as drugs such as coffee, tea, medicine, alcohol and tobacco. We will be discussing the short and long term health impacts, along with the myths about alcohol, tobacco and other drugs. We will look at the rules for selling and using alcohol and tobacco, as well as knowing who we can turn to for help and advice.

We will look at the rights and responsibilities that the children have in and out of school. We will talk about what children can do to show they are responsible and who they can turn to and trust if they ever feel that their rights are not being respected

We will look at our personal safety, making a class list of situations where they don't feel safe as well as the times they do feel safe. The children will think about how their bodies may tell them they are in an unsafe situation and, through role play, reinforce what to do if they feel unsafe.

We will also explore the consequences of our actions in a variety of situations, realising there are both positive and negative consequences.

For example vandalism of a telephone box and hoax telephone calls. We will practice assertive responses to these situations and encourage the children to know the right choice. We will build on this and give the children strategies for being able to say no.

We will help the children to recognise their own self-worth, have self-respect and to value themselves no matter what other people may say. We will celebrate our uniqueness, and positive qualities. We will reinforce the rights they have over their own body.

