

# Marsh Green Primary School

## PSHE Knowledge Organiser - Year 4

### 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, emotional** 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 be 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**.



### Healthy Plate



### 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.

