

Year 3: PSHE

Families and Friendships, Safe Relationships and Respecting Ourselves and Others

Families

Families come in lots of shapes and sizes!

- parents
- siblings
- step-parents
- same-sex parents
- blended families
- foster parents
- adoptive parents
- extended families
- single parent families



Each type of family support, love and care for you.

If anyone in your family ever makes you feel unhappy or unsafe, you can always speak to a teacher or another family member.



Boundaries, being safe, and the impact of bullying

Any bullying or hurtful behaviour is unacceptable in any situation.

Remember: Bullying is **planned** and happens **over and over and over again**.

- **Physical bullying:** kicking, hitting, biting.
- **Verbal bullying:** name calling, teasing, threatening.
- **Social bullying:** leaving people out, spreading rumours.
- **Online bullying:** sending nasty things through technology.

Being bullied can make people feel hurt, left out, scared, lonely, and affect their self-esteem.



If you see anyone bullying or being bullied, you should tell a trusted adult straight away.



Personal boundaries keep you safe. Listen to your feelings and learn to say **NO!**

Being respectful

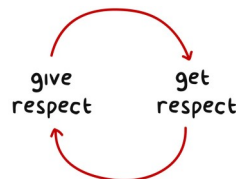
We can **respect others** by:

- listening to them
- respecting children's rights
- showing kindness
- sharing and taking turns
- using good manners

We can **respect ourselves** by:

- exercising
- eating healthily
- doing things that make us feel good
- keeping ourselves safe

People from different cultures, backgrounds, and families all need to be shown the same respect.



We will notice differences and similarities between each other, but nobody should be treated differently because of this.



Vocabulary

adoptive parents	Someone who gives a child a permanent home through a legal process.
blended families	A family where one or both parents have children from a previous relationship, but they combine to make a new family.
consequences	The outcome of an action or decision.
courtesy	Being kind and showing good manners.
dignity	The right to be valued and respected.
encourage	give hope or support
foster parents	Someone who provides care for a child who cannot live with their own family at that time.
negative	something bad
personal boundaries	Limits we set for ourselves in relationships.
politeness	Having or showing good manners.
positive	something good
self-respect	Feeling good about who you are.
step-parents	A parent who is married to the Mum or Dad, but is not that child's biological parent.
wider social group	People you know who are not in your close group of friends.