

Year 4: PSHE

Families and Friendships, Safe Relationships and Keeping Safe

Positive Friendships

A positive friendship is when you respect each other, trust and share common interests.



If you ever feel lonely or excluded, you can speak to a trusted adult who will try to help you resolve the problem.

Building Positive Friendships

Building positive friendships is easy when you are a good friend.

You can be a good friend by:

- sharing
- caring
- playing
- respecting others
- listening



Behaviour

Playful teasing is completely different to hurtful behaviour or bullying.

- **Playful teasing:** playful between both people
- **Hurtful behaviour:** showing angry behaviour and not stopping when you see it is upsetting the other person
- **Bullying:** hurting someone on purpose over and over and over again

If you see someone showing hurtful behaviour or bullying another person, you should tell a trusted adult or tell the person to stop.

Dares

'Playful dares' can be very different from dares that put people at risk or under pressure to do them.



Try to remember that you can always say **no** to dares. If somebody is pressuring you to do a dare, try and think about what could happen. Will someone get hurt? Will you get into trouble?

You can break a confidence or share a secret if you know someone is in danger or if they have caused damage or trouble.

Keeping Safe

When you make a decision, you need to think about the outcome and who it could affect.

Respect your own and other people's rights to say no and talk about consent.



Vocabulary

break a confidence	telling a secret someone told you to keep
compassion	showing care for someone else
confidential	something to be kept secret or private
confidentiality	being kept secret or private
excluded	being left out
implications	what could come next
minimise personal risk	doing everything possible to stay safe
mutual respect	knowing that people are all different but showing them respect
volunteering	freely offering to do something
witness	A person who sees an event or crime.

CRC Article 19: All children have the right to be safe.
 CRC Article 12: All children have the right to have their opinions valued.

