



PSHE



Welcome to the Year 3/4 PSHE newsletter. We hope you will find the information here useful. Please come and speak to us if you have any questions.

The focus for PSHE this term: Following Rules, Online Safety and Emotions. It is also Anti Bullying week this half term, the key theme is 'Choose Respect.'

Following Rules and Online Safety: They will learn the importance of rules and what may happen if they break them, as well as keeping safe online.

Emotions: This will teach the children about being managing their feelings including frustration and perseverance.

Rules and Laws

The Rule of Law is one of our
British Values.

Laws allow us to:

- have our **rights**;
- be treated fairly;
- keep safe;
- live as part of society;
- be heard.

Can you think of all the
different **rights** laws link to?

Laws are made by the
Government in Parliament.
Members of Parliament decide
on laws and vote on whether to
pass them.



Key Learning

I understand what rules are

I know that it is important to have
rules

I know that different rules are
needed in different situations

I know that there are rules to follow
in the country and that people who
break these rules will be punished

I know that it is important to plan
ahead to get the best results

I know why it is important to behave
responsibly

I know that there are risks linked to
using the internet

I know that I need to make safe
choices when using the internet

I know that the internet can be
dangerous if it isn't used safely

I know what personal information is
and that that I shouldn't share
personal information on the internet

I recognise that secrets can be
shared over the internet and be
passed on to people I don't want to
see them

I know that I should speak to a
trusted adult if I feel uncomfortable
when using the internet/ gaming

Key Vocabulary

rules law safe responsibility

society respectful difficult

behaviour fairness

consequences

situation manner irresponsible

punishment

secrets share chat online

internet devices technology

risks

Bullying, resisting pressure, and recognising behaviour

Bullying is when someone plans to do something hurtful and does it over and over and over again.

Online bullying is when people write nasty comments on websites and share hurtful images.

Hurtful behaviour is when someone is being mean by doing or saying nasty things to others.

If you see anyone being hurtful or bullying someone, make sure you tell a trusted adult who can help.



Key Learning

I can explain what an aggressor, victim and bystander is in relation to bullying

I recognise the effects of bullying on the victim's self esteem

I know that bullying is persistent and that happens over a period of time

I can identify different types of bullying including cyberbullying

I know that bullying can have a negative impact on my mental, emotional and physical health

Key Vocabulary

friendships, repaired, strengthened, resorting, violence, boundaries, appropriate, peers, characteristics, mutual, respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing, interests, experiences, support, difficulties, relationships