



# Year 4

PSHE (Personal, Social, Health and Economic Education) is taught weekly at Wellesbourne, statutory changes have been made to our PSHE curriculum to include Sex, Relationships and Health Education. We have outlined the main focuses for each year group.

## Autumn Term

- ◇ **FAMILIES AND FRIENDSHIPS**—Positive friendships including online
- ◇ **SAFE RELATIONSHIPS**—Responding to hurtful behaviour; managing confidentiality; recognising risks online
- ◇ **RESPECTING OURSELVES AND OTHERS**—Respecting differences and similarities; discussing difference sensitively

## Spring Term

- ◇ **BELONGING TO A COMMUNITY**— What makes a community; shared responsibilities
- ◇ **MEDIA LITERACY AND DIGITAL RESILIENCE**— How data is shared and used
- ◇ **MONEY AND WORK**—Making decisions about money; using and keeping money

## Summer Term

- ◇ **PHYSICAL HEALTH AND MENTAL WELLBEING**—Maintaining a balanced lifestyle; oral hygiene and dental care
- ◇ **GROWING AND CHANGING**—Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty
- ◇ **KEEPING SAFE**— Medicines and household products; drugs common to everyday life

For a more detailed break down of lessons being taught throughout the year please see the curriculum page on our school website <https://wellesbourneschool.co.uk/learning/curriculum/pshe/>