



PSCHE

Year: 4

Term 3

Theme: Keeping Safe

Core Learning Behaviour: Be confident

Safeguarding Alerts: (add individual children's initials where applicable) - 'MM'

Be aware of:

- Children may disclose 'bad secrets' that has been/is harmful to themselves or others
- Children may disclose harmful dares that are of safeguarding concern to themselves or others
- Have been victim to or perpetrator of broken boundaries and lack of privacy in an abusive manner on or offline

Mental Health and Wellbeing:

Pupils should know...

- that mental wellbeing is a normal part of daily life, in the same way as physical health
- the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness
- simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests
- isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support
- where and how to seek support

Knowledge:

- recognise the difference between 'playful dares' and dares which put someone under pressure, at risk, or make them feel uncomfortable
- how to manage pressures associated with dares
- when it is right to keep or break a confidence or share a secret
- how to recognise risks online such as harmful content or contact
- how people may behave differently online including pretending to be someone they are not
- how to report concerns and seek help if worried or uncomfortable about someone's behaviour, including online

**Taught in computing lessons and Internet Safety Day*

Skills:

- recognise and describe the difference between 'playful dares' and dares which put someone under pressure, at risk, or make them feel uncomfortable by giving examples
- say how to or manage pressures associated with dares
- Explain when it is right to keep or break a confidence or share a secret
- recognise risks online such as harmful content or contact
- Describe how people may behave differently online including pretending to be someone they are not
- Share or demonstrate how to report concerns and seek help if worried or uncomfortable about someone's behaviour, including online

**Taught in computing lessons and Internet Safety Day*

Prior Learning:

- 'Keeping Safe' PSHE Units: YR-3
- Whole School Internet Safety Day activities: YR-3
- Computing curriculum: Termly internet safety lessons

Vocabulary:

Dares (incl. 'playful dares'), pressure, 'break a confidence,' good secret, bad secret

Cross Curricular Links:

Computing (internet safety)

Oracy:

Circle time discussions - use class toy to know when to speak. Provide sentence stems for responses and encourage all to respond in the circle.

Work in small group to encourage all children to participate and to promote active listening.

Continuum Lines

Wider Reading

Enrichment

I dare you! By Reece Wykes

Internet Safety Day

NSPCC Workshops (once every 3 years)