



Relationships, Sex and Health Education
LKS2: Years 3 & 4

| Theme | Year 3 Lessons | Year 4 Lessons | Resources to support |
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| 1. Caring Friendships | <ul style="list-style-type: none">• How do I recognise a positive, caring and healthy friendship?• What is the difference between a conflict and bullying?• Who can I trust and what do I do if someone breaks my trust? | <ul style="list-style-type: none">• What are physical and emotional boundaries in friendships and how can I respect them?• What is bullying and what responsibility do I have if I see it? | Vocabulary: friendship, relationship, behaviours, problem, resolve, outsider, conflict, bullying, boundaries |
| 2. Families and people who care for me | <ul style="list-style-type: none">• What does a 'family' look like?• Why are some families different from mine?• How do I know if family relationships are making me feel unhappy or unsafe and how do I seek help? | <ul style="list-style-type: none">• What different types of families are there in countries across the world?• How can I help someone who has suffered a bereavement? | Vocabulary: Family, relationship, stable, caring, security, trust, safe, grief, similarities, differences, bereavement |
| 3. Respectful Relationships | <ul style="list-style-type: none">• What is respect and how can I show respect to my family, friends and adults?• What does it mean to respect our differences?• What impact do my actions have on others?• What is a stereotype and how can they be unfair, negative or destructive? | <ul style="list-style-type: none">• What manners are appropriate for different situations?• What gender stereotypes are found in fiction and what impact do they have? | Vocabulary: Respect, mutual respect, kindness, truthfulness, communication, stereotype, discrimination, gender, manners, courtesy, authority, boundaries |
| 4. Being safe | <ul style="list-style-type: none">• What is the NSPCC PANTS rule? | <ul style="list-style-type: none">• What is the NSPCC PANTS rule? | Vocabulary: Safe, online, emergency, positive, fake, scam, sharing, permission, risk |

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| | <ul style="list-style-type: none"> • What do I do if there is an emergency? • What do I do if someone has been stung or bitten? • How do I recognise unkind behaviour online and how do I report it? • How do I keep safe when walking along the road? • What choices do I have and why are decisions made for me? | <ul style="list-style-type: none"> • What age limits do the websites have and how do they protect us? • What are the benefits and risks of sharing online? • Is all information on the internet useful and truthful? • What is the difference between privacy, secrets and surprises? | |
| 5. Health and Well Being | <ul style="list-style-type: none"> • What is a healthy lifestyle and why is it important? • Why is it important to be hygienic and clean my teeth? • What does it mean to feel lonely or isolated and who can I talk to if I feel this way? • What are my strengths and how can I use them to help others? | <ul style="list-style-type: none"> • How has my body and skills developed since I was younger? • How will my body start to change as I get older? • Why is it important to look after our teeth? • What is a growth mindset and how can I celebrate and learn from my mistakes? • What are my strengths and how can I positively help and support others? • Why do I feel a range of emotions in different situations? • What is my mental health and where can I get help when I or someone else is worried? | Vocabulary: healthy, lifestyle, active, exercise, physical wellbeing, mental well-being, self-care, relaxation, loneliness, isolation, resilience, problem, strengths, weaknesses, growth mindset, puberty, hormones, hygiene, acne, changes |
| 6. Economic Well Being | <ul style="list-style-type: none"> • What are the different pays we can pay for things? • Why do people save money? | <ul style="list-style-type: none"> • What makes something good value for money? | Vocabulary: money, budget, saving, paying, spending, tracking, career. |

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| | <ul style="list-style-type: none">• What is a budget and why is it important?• Why can money make us feel different emotions?• What impact does my spending choices have on others? | <ul style="list-style-type: none">• Why is it important to keep track of money and how much I have spent?• How can money can be won and lost and how does this makes people feel?• What do I want to be when I grow up? | |
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