

# PSHE Year 3 - Autumn term



## Personal

We learn about our **feelings** and **emotions**, our **families**, our **behaviour** and its consequences.



## Social

We learn about **healthy friendships**, how to work and play with others and what it means to be part of a **community**.



## Health

**Health** – We learn about making **healthy choices** for both our **body** and **mind**. We learn about how to **be safe** at home, at school, in the wider world and **online**. We learn about how our **bodies change** as we grow.



## Economic

**Economic** – We learn about different types of **jobs** and how to earn and look after our **money**.



### Key vocabulary

- foster
- adoptive
- privacy
- personal
- boundary
- supervision
- self-respect
- step-parent
- blended
- courtesy
- community
- culture
- society

### Relationships

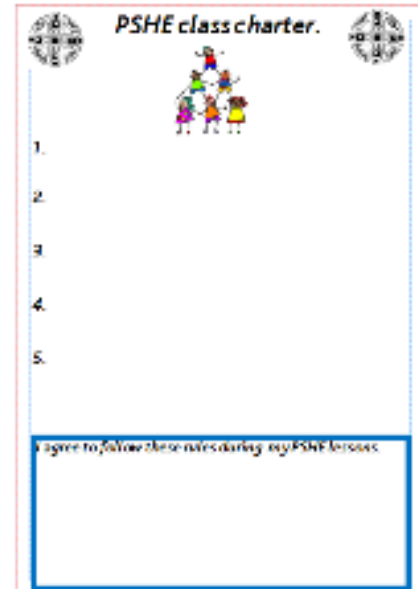
Families and friendship – Safe relationships – Respecting ourselves and others

### Useful Books

- I Love You Little Monkey—Alan Durant
- Who's In A Family?—Robert Skutch
- Something Else—Kathryn Cave
- And Tango Makes Three—Justin Richardson
- Not Now Bernard—David McKee

### Useful Websites

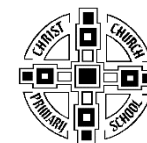
BBC Teach <https://www.bbc.co.uk/teach> BBC Bitesize <https://www.bbc.co.uk/bitesize/clips/zqsjpv4>  
 Supermovers <https://www.bbc.co.uk/teach/supermovers>  
 Childline <https://www.childline.org.uk/>  
 NSPCC <https://www.nspcc.org.uk/keeping-children-safe/>



We have all created our own class charters to use during our PSHE lessons.



# Relationships Year 3



## Families and friendships

### Key Facts

- There are different **types** of **families**—there are single parent families, same sex parents, step parents, blended families, foster and adoptive parents.
- Being part of a family should provide **support, stability** and **love**.
- Being part of a family means you can spend time with the people you love and care for each other.
- Families can support you when things are difficult and also encourage you in the things you do.
- It is important to know who we can **trust** and talk to if a situation makes us feel **uncomfortable** or **unsafe**.



## Safe Relationships

### Key Facts

- There are things that are **appropriate** to share with friends, classmates, family and other people (including online) but things that aren't.
- Remember to use the **SMART** rules to keep **safe online**.
- **Personal boundaries** and our **right to privacy** should always be respected.
- Remember the **PANTS** rules. They help us to keep us safe.
- **Bullying** and **hurtful** behaviour is **unacceptable** in any situation.
- It is important to be a **good friend** and know the **impact** of hurtful behaviour.
- It is important to speak to someone we **trust** if we have a **worry** about ourselves or someone we know.



## Respecting ourselves and each other.

### Key Facts

- **Respect** means that you interact with someone in a way that shows that you care about their **wellbeing** and how they **feel**.
- When you respect someone, you treat them **kindly, help** and **include** them.
- It is important to show **respect** in different situations, e.g. at home, in school, online, out in the community.
- **Self-respect** (respect for ourselves) is very important and we all have a **right** to be treated respectfully by others.
- It is important to be **polite** and always use **good manners**.
- The ways in which people show respect and courtesy in **different cultures**, and in wider society, can differ. It is important that we understand this.

