



PSHE Year 1 – 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

- family
- friend
- kind/unkind
- trusted adult
- touch
- different
- respect
- private
- hurt
- feelings
- permission
- polite

Relationships

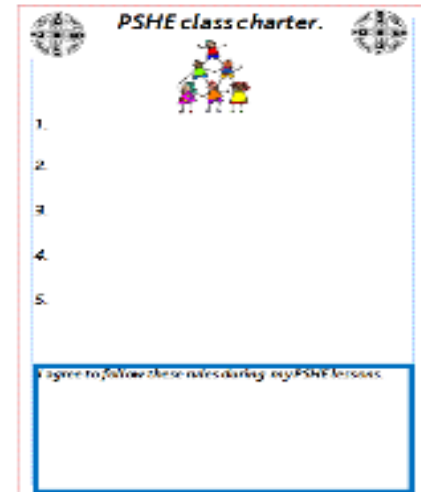
Families and friendship – Safe relationships – Respecting ourselves and others

Useful Books

While We can't Hug—Eoin McLaughlin, Polly Dunbar Perfectly Norman—Tom Percival
Giraffes Can't Dance—Giles Andreae Wild—Emily Hughes
Ruby's Worry—Tom Percival The Giving Tree—Shel Silverstein
I Love My Granny, and I Love My Mummy—Giles Andreae

Useful Websites

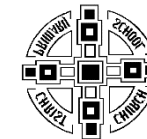
BBC Teach <https://www.bbc.co.uk/teach> BBC Bitesize <https://www.bbc.co.uk/bitesize/clips/zqsjpv4>
Supermovers <https://www.bbc.co.uk/teach/supermovers>
Childline <https://www.childline.org.uk/>
NSPCC <https://www.nspcc.org.uk/keeping-children-safe/>



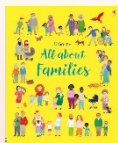
We have all created our own class charters to use during our PSHE lessons.



Relationships Year 1



Families and friendships.



Key facts.

- There are **different people** who **care** for you e.g. parents, siblings, grandparents, relatives, friends, teachers.
- These people care for you in different ways depending on who they are.
- A **family** is a group of one or more people who are related.
- Families can be big or small.
- There are lots of **different types** of families.
- You live with some members of your family and not others.
- Every family is **different and special**.
- It is important to tell someone you trust if you are worried about something in your family.

Respecting ourselves and each other.

Key facts - Kindness



- People can be **kind** and **unkind** to us.
- We can be kind and unkind to others.
- Being kind can make people feel **happy, loved, special, important**.
- Being unkind can make people feel **sad, alone, angry, embarrassed**.
- If someone is unkind to you then you should **tell someone** you trust how you feel so that they can help you.
- If **you have been unkind** to someone then you should apologise, talk to someone you trust about what you did.
- Our **behaviour** can affect other people.

Key facts - Respect



- **Respect** means treating other people and their beliefs with care and understanding.
- Respect is an important part of building **healthy and positive relationships**.
- **Class rules** keep us **safe**, help us to **learn** and help us to build **healthy relationships**.
- Being **polite** to others, **sharing and taking turns** are good ways to show respect.
- We don't always have to **agree** with each other.
- We can **listen** to each other's ideas with respect.
- We can still be friends with people who we don't agree with.

Safe Relationships - Key facts

- We have different **types** of **relationships** with lots of different people eg parent and child, best friend, class mate pupil, grandchild.
- We are all **responsible** for having safe and healthy relationships.
- There may be times when our body or **feelings** might be **hurt** or we might hurt others in the same way.
- If you need help with a relationship problem then you should tell someone you **trust**.

Touch - Key facts

- There are different types of touch.
- There are **good** and **bad** types of touch.
- It is important to ask if it is ok to touch someone even your friends.
- Not everybody likes to be hugged, tickled, kissed.
- Touch can make people feel uncomfortable.
- You have the **right** to say 'no' to **unwanted touch**.



Privacy- Key facts - Remember the PANTS Rules.



- Always remember your body belongs to you and you can **choose** what happens with your body.
- There are some parts of our body which are **private**. That means no one should be allowed to see or touch them without **permission**.
- The **private parts** of our body are under our pants – vulva, vagina, penis and testicles.
- We **respect** others by allowing them to keep their body parts **private**.
- You have the **right** to say 'no' to **unwanted touch**.
- **Secrets** are not the same as **surprises**. If a secret upsets you, you should **tell** an adult you **trust**.
- If you ever feel **uncomfortable** or **unsure** about something, even with an adult you know well, you should tell an adult you trust.