

# Year Four

## 2. Me & My Relationships: What is a 'good' friend?

- Children will consider what qualities make a good friend and what role they should play.
- Children will think about when friendships no longer work and what they can do to mend the situation.
- Children will understand that relationships need work.

Today we have talked about what makes a good friend, it is important to have friends that make us feel good about ourselves, that share and respect each other. Sometime friendships will end or will need work, especially if they no longer make each other feel happy or safe.

## 3. Me and My Body: Puberty and Growing Changes

- Children will be informed of the physical and emotional changes that take place during puberty for both girls and boys including menstruation.
- Children will have the opportunity to ask questions and discuss their worries regarding puberty.
- Children will be given the opportunity to refresh their knowledge around naming the parts of the body, with an emphasis on personal body parts and using the correct names for the genitals.

So now you know all about of the amazing changes that will take place during puberty. But remember puberty isn't a race or competition. It is important to be supportive to one another. It is OK to have questions or worries about puberty and you can talk about anything that is on your mind with me or with other trusted grownups.

## 5. Me, My Choices and Personal Boundaries: What does privacy mean to you?

- Children will explore what privacy means to them and to others
- Children will review their understanding of the rules surrounding private parts and how these might change as they get older and their bodies develop (in line with the NSPCC PANTS rules).
- Children will consider the rules of when it is appropriate to be naked or semi naked and when it is appropriate to touch themselves, including self-stimulation.
- Children will write their own body privacy rules.
- Supports key messages from the Protective Behaviours Taking Care Programme.

## 1. All About Me. What makes you, you?

- Children will explore similarities and differences between friends and learn that we are all unique and special in our own ways.
- Children will consider their own talents, qualities and ambitions.
- Children will be given the opportunity to think about personal relationships and who is important in their lives, at home, school and in their wider networks.
- Children will understand the importance of relationships to help support us and help us to feel safe.

Today we have learned some new things about our classmates. Whilst we all have things in common, we are all unique and special in our own way. There are lots of different aspects of our lives that help to shape us and make you, you! But like our trees we all need special people around us to help support us, we will be talking more about our relationships tomorrow.

## 4. Me, My Thoughts, Feelings & Behaviours: When anger is about (2)

- To help children understand and better manage their anger.
- Children will learn that feeling angry is perfectly normal. Anger is not a bad or a wrong way to feel. What is important is how we behave when we are feeling angry.
- Children will consider when they feel angry and learn to recognise their own physical signs and triggers.
- Children will learn strategies to help them better manage their emotions.

We all feel angry sometimes, and it is OK to feel this way, but it is never OK to hurt others or yourself. There are other ways of dealing with things rather than letting anger take control. Especially if we know how to spot the early signs that we are becoming angry and can change our behaviour before we behave unsafely.

Remember your body belongs to you. We all have the right to set our own boundaries when it comes to our bodies, this includes privacy too. However, we need to be mindful that other people may have different boundaries to us, so we need to respect each other's right to privacy too.