

PSHE – Relationships

Health and Wellbeing

At Claregate we understand and can explain how to keep ourselves and others happy and healthy.

Relationships

At Claregate we listen to and respect other people's beliefs.

Living In the Wider World

At Claregate we understand how the world works and how to look after it.


What should I already know?

- That feelings can vary by intensity, person and change over time.
- The qualities of a 'positive, healthy relationship'.
- When it's appropriate to say no and how.
- Strategies and skills needed for collaborative work.
- to get help if they are upset.
- How to recognise bullying or pressured behaviour.

What am I going to learn?

Peer pressure means feeling like you have to do something because people around you want you to or expect you to. It might be to make someone else happy or to fit in with a new group. It's okay to say no if you don't want to or feel uncomfortable.



 Our manners are the way we behave towards others and they can be good or bad. Having good manners means being polite. This is always a good idea because being polite helps us to get along with people.

Prejudice is an unfair and unreasonable opinion or feeling formed without enough thought or knowledge.

Discrimination is when someone treats you differently, unfairly or worse because of your age, being disabled, your gender, gender identity, being married or in a civil partnership, being pregnant or having a child, your religion or beliefs, your race, skin colour or where you were born or your sexuality.



Safe touches. These are touches that keep children safe and are good for them, and that make children feel cared for and important. Safe touches can include hugging, pats on the back, and an arm around the shoulder.

NSPCC— Childline— online, on the phone, anytime [childline.org.uk/kids](https://www.childline.org.uk/kids) 0800 1111

Key Vocabulary

Definition

Peer pressure	When a friend or someone you know influences you to do something you do not feel comfortable with.
Bullying	the repeated and intentional behaviours which cause harm to another person, either physically, emotionally or psychologically.
By-Stander	A person who doesn't actively engage in the bullying but watches and doesn't do anything to prevent it.
Abuse	when a child is harmed by an adult or another child – it can be over a period of time but can also be a one-off action.
appropriate	right for the purpose; proper.
diversity	the condition of being different
inclusion	the act of including or the state of being included.

Class Rules

1. Keep conversations in the room.
2. Listen to the person speaking.
3. Respect one another.
4. No judgements



Safeguarding

Miss Evans is in charge of keeping me safe at Claregate.

Mrs. Fielding, Mr. Saunders and Mr. Murphy help her to do this.

If I feel worried about something in school, I can talk to Miss MacPherson, Mr Batty, Mrs Dosanjh or Miss Haden.

