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|  **Year 4 – *PSHE* – Spring one** |
| What should I already know? | What am I going to learn in this unit? | Vocabulary I need to know |
| Relationships:* I can explain how knowing someone online is different from knowing someone face to face.
* I can identify risks in communicating with someone I don’t know.
* I can identify ways to communicate respectfully.
* I can explain what to do if I am worried about any contact online.
* I can identify the difference between playful teasing, hurtful behaviour, and bullying, including online.
* I can explain how to respond if I see or experience hurtful behaviour or bullying, including online.

Living in the wider world:* I can explain what a community is.
* I can identify a community I belong to.
* I can identify how a community can be strong.

Health and wellbeing: * I can explain how to brush and floss my teeth correctly.
* I can explain the importance of regular visits to the dentist.
* I can explain the effects of different foods and drinks on dental health.
 | Relationships:* I can explain what confidentiality is.
* I can identify when it is right to keep or break a confidence or share a secret.

Living in the wider world:* I can define what democracy is.
* I can identify where I see democracy at school.
* I can explain what parliament is.
* I can explain my right to vote when I am older.
* I can identify different ways to keep myself safe near railways.
* I can identify hazards at a railway.

Health and wellbeing: * I can explain what a medicine does and why it is important to take medicines correctly.
* I can explain what is meant by a ‘household product’ and explain why it is important to use a household product correctly.
 | Confidentiality  | Private information kept secret |
| Report  | To tell someone about something that has been seen or heard  |
| Democracy  | Where people are able to choose their government by voting for it |
| Parliament  | The group of elected representatives |
| Hazard  | Something which has the potential to cause harm |
| Medicine  | Treatment for illness or injury |
| Household product  | Items used in and around the house.  |