

## PSHE Framework: Year 2/3 Year B

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| <p><b>Unit 1</b></p> | <p><b>Myself and My Relationships</b></p> <p><b>Establishing Everyday Excellence</b></p> <p>My Family and Relationships 3 /4</p> | <ul style="list-style-type: none"> <li>• What is a healthy friendship and how does trust play an essential part?</li> <li>• What skills do I need for choosing, making and developing friendships and how effective are they?</li> <li>• How can I help to resolve disagreements positively by listening and compromising?</li> <li>• Can I empathise with other people in a disagreement?</li> <li>• How can I check with my friends that their personal boundaries have not been crossed?</li> <li>• How do my family members help each other to feel safe and secure even when things are tough?</li> <li>• Who is in my network of special people now and how do we affect and support each other? FP</li> </ul>                  |
| <p><b>Unit 2</b></p> | <p><b>Myself and My Relationships</b></p> <p>Anti - Bullying 3/4</p> <p>Some objects to be covered in Anti bullying week</p>     | <ul style="list-style-type: none"> <li>• How are falling out and bullying different?</li> <li>• How do people use power when they bully others?</li> <li>• What are the key characteristics of different types of bullying?</li> <li>• How can lack of respect and empathy towards others lead to bullying?</li> <li>• What is the difference between direct and indirect forms of bullying?</li> <li>• What are bystanders and followers and how might they feel?</li> <li>• Do I understand that bullying might affect how people feel for a long time?</li> <li>• How can I support people I know who are being bullied by being assertive?</li> <li>• How does my school prevent bullying and support people involved?</li> </ul> |
|                      | <p><b>Healthy and Safer Lifestyles</b></p> <p>Personal Safety ¾</p> <p>Links to Computing</p>                                    | <ul style="list-style-type: none"> <li>• Can I recognise when my Early Warning Signs are telling me I don't feel safe?</li> <li>• Who is on my network of support and how can I ask them for help?</li> <li>• What could I do if I feel worried about a friendship or family relationship?</li> <li>• What sort of physical contact do I feel comfortable with and what could I do if physical contact is unwanted?</li> <li>• How can I decide if a secret is safe or unsafe?</li> <li>• How can I keep safe online?</li> </ul>  |
| <p><b>Unit 3</b></p> | <p><b>Healthy and Safer Lifestyles</b></p> <p>Drug education 3/4</p>   | <ul style="list-style-type: none"> <li>• What medical &amp; legal drugs do I know about, and what are their effects?</li> <li>• Who uses and misuses legal drugs?</li> <li>• Why do some people need medicine and who prescribes it?</li> <li>• What are immunisations and have I had any?</li> <li>• What are the safety rules for storing medicine and other risky substances?</li> </ul>   |

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|               |   | <ul style="list-style-type: none"> <li>• What should I do if I find something risky, like a syringe?</li> </ul>   |
|               | <p><b>Citizenship</b><br/> <b>Rules, Rights and Responsibilities 3/4</b> – links to RE - Right and Wrong</p>                        | <ul style="list-style-type: none"> <li>• What have we got in common and how are we different?</li> <li>• How might others' expectations of girls and boys affect people's feelings and choices?</li> <li>• How are our families the same and how are they different?</li> <li>• Do people who live in my locality have different traditions, cultures and beliefs?</li> <li>• How does valuing diversity benefit everyone?</li> <li>• Why are stereotypes unfair and how can I challenge them?</li> </ul>   |
| <b>Unit 4</b> | <p><b>Healthy and safer lifestyles</b><br/> <b>Relationships and Sex Education</b> – links with science unit<br/> Human Anatomy</p> | <p>Year 2</p> <ul style="list-style-type: none"> <li>• How do babies change and grow? (Statutory in science for Year 2)</li> <li>• How have I changed since I was a baby? (Statutory in science or Year 2)</li> <li>• What's growing in that bump? (Sex Education/NC Science)</li> <li>• What do babies and children need from their families?</li> <li>• Which stable, caring relationships are at the heart of families I know?</li> <li>• What are my responsibilities now I'm growing up?</li> </ul> <p>Year 3</p> <ul style="list-style-type: none"> <li>• How are male and female bodies different and what are the different parts called?</li> <li>• When do we talk about our bodies, how they change, and who do we talk to?</li> <li>• What can my body do and how is it special?</li> <li>• Why is it important to keep myself clean?</li> <li>• What can I do for myself to stay clean and how will this change in the future?</li> <li>• How do different illnesses and diseases spread and what can I do to prevent this?</li> </ul> |