

PSHE

Relationship Education

Year 3

Autumn 2

Key Knowledge

Respecting differences

- People are different in many ways. These differences should be celebrated and not disrespected.
- When someone is disrespected or discriminated against because of their race, it is known as racism.

Families

- Some families live close to each other, others live much further apart.
- All families should be treated with respect regardless of who they are made up of. No type of family should be excluded from events and activities.

Personal Safety

- There are certain parts of the body that are different between males and females.
- Often these parts (along with others) are known as private parts.
- The PANTS rule outlines that:
 - Privates are private
 - Always remember your body belongs to you
 - No means no
 - Talk about secrets that upset you
 - Speak up, someone can help
- If a child feels uncomfortable they should report it to a trusted adult, and if they aren't listened to, they must report again to someone else until they aren't listened to.
- When touching another person, touch should be requested. If someone says no, they mean no. Consent should not be assumed.
- It is important that a child knows who their trusted adults are.

Anti-Bullying

- Bullying can take many different forms.
- If we witness bullying, we should actively try and stop it and help the victim.

Statutory requirements

- That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.
- Different types of bullying and responsibilities of bystanders.
- The importance of permission-seeking and giving in relationships with friends, peers and adults.
- That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
- What sorts of boundaries are appropriate in friendships with peers and others.
- How to ask for advice or help for themselves or others, the vocabulary and confidence needed to report concerns and how to keep trying until they are heard.

Key vocabulary

Spelling

Definition

Disrespect

Not showing respect for someone or a group.

Racism

When people are treated unfairly because of their skin colour or background.

Private

The parts of the body generally covered by underwear or swimwear.

Consent

Giving someone a choice about touch or actions and respecting their answer.

Permission

Approval to do something.

Discomfort

A condition of being uneasy or in pain.

Boundaries

Where one thing ends and another begins.

Books

Helen Docherty & Thomas Docherty

Abrazebra

Stephanie Stansbie & Katy Halford

My friends and me

TWINKL

Part of the Party

Charlotte Barkla & Jacqui Lee

From my head to my toes, what I say goes!

