

YEAR 4 PSHE – HEALTHY ME			
STICKY KNOWLEDGE ABOUT DREAMS AND GOALS	SOCIAL AND EMOTIONAL SKILLS	KEY VOCABULARY	
• Know how different friendship groups are formed and how they fit into them • Know which friends they value most • Know that there are leaders and followers in groups • Know that they can take on different roles according to the situation • Know the facts about smoking and its effects on health • Know some of the reasons some people start to smoke • Know the facts about alcohol and its effects on health, particularly the liver • Know some of the reasons some people drink Alcohol • Know ways to resist when people are putting pressure on them • Know what they think is right and wrong	• Can identify the feelings that they have about their friends and different friendship groups • Recognise how different people and groups they interact with impact on them • Identify which people they most want to be friends with • Recognise negative feelings in peer pressure situations • Can identify the feelings of anxiety and fear associated with peer pressure • Can tap into their inner strength and knowhow to be assertive	Friendship	A relationship of mutual affection between people.
		Emotions	A strong feeling deriving from one's circumstances, mood, or relationships with others.
		Healthy	In a good physical or mental condition; in good health.
		Relationships	The way in which two or more people or things are connected, or the state of being connected.
		Value	The regard that something is held to deserve; the importance, worth, or usefulness of something.
		Roles	The function assumed or part played by a person or thing in a particular situation.
		Leader	The person who leads or commands a group, organization, or country.
		Follower	A person who supports and admires a particular person or set of ideas.
QUESTIONS FOR FAMILY LEARNING		Assertive	Having or showing a confident and forceful personality.
• Who are your friends? How do they make you feel? • Which groups do you spend time with? How do you feel when you are with the different groups? • Can you tell me about a time when you were the leader/follower in the group? • How can smoking affect people’s health? • How can drinking affect people’s health? • What can you do if a group of children are trying to convince you to do something you don’t want to do or know you shouldn’t do? • How can you build your inner strength? • Does Calm me time help you feel stronger inside?		Smoking	The act of inhaling and exhaling the fumes of burning plant material.
		Peer Pressure	Feeling like you have to do something because people around you want you to or expect you to.
		Alcohol	A chemical substance found in drinks such as beer, wine, and liquor.
		Anxiety	A feeling of unease, such as worry or fear
		Advice	An idea or opinion offered as help in making a choice or a decision.

