1decision PSHE Knowledge Organiser

Years 4-6

Module: Growing and Changing

Topic: Baseline Assessment and Appropriate Touch (Relationships)

Key Facts

- It is not always right to keep secrets if they relate to being safe
- Each person's body belongs to them
- It is important to seek help or advice if a relationship is making you feel unsafe or unhappy
- In school and in wider society, you can expect to be treated with respect by others, and in turn, you should show due respect to others, including those in positions of authority
- It is important to understand how to report concerns or abuse
- Marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong

Ask me a question!

- What types of relationships are there?
- What can make a relationship healthy or unhealthy?
- What is the difference between secrets and surprises?
- How could you help someone who feels uncomfortable in a relationship?

I will learn the following new words/phrases:

Nervous	*Being fearful, worried, or concerned about someone or an event.*
Scared	*Feeling fearful or frightened.*
Inappropriate	*Not right for or suited to the situation or purpose. Not appropriate.*
Connection	*The act of joining or being joined to something else.*
Civil partnership	*A civil partnership is a legal relationship which can be registered by two people who aren't related to each other.*
Marriage	*A formal union and social and legal contract between two individuals that unites their lives legally, economically, and emotionally.*

By the end of these topics, I should:

- identify the different types of relationships we can have and describe how these can change as we grow
- explain how our families support us and how we can support our families
- identify how relationships can be healthy or unhealthy
- explain how to ask for help and identify who can help us if a relationship makes us feel uncomfortable