

PSHE - Personal Social Health Economics
Year 4 - Relationships



People who can help you.



Define: less-able

having a physical or mental barrier

Define: respect

regard for the feelings, wishes, or rights of others

Define: strength

A quality or a skill that you have / are good at.

Everyone has different strengths

Ways we can look out for each other.

Having patience

Being brave

Generosity

Being fair



Being helpful

Being loyal

Always trying hard

Kindness

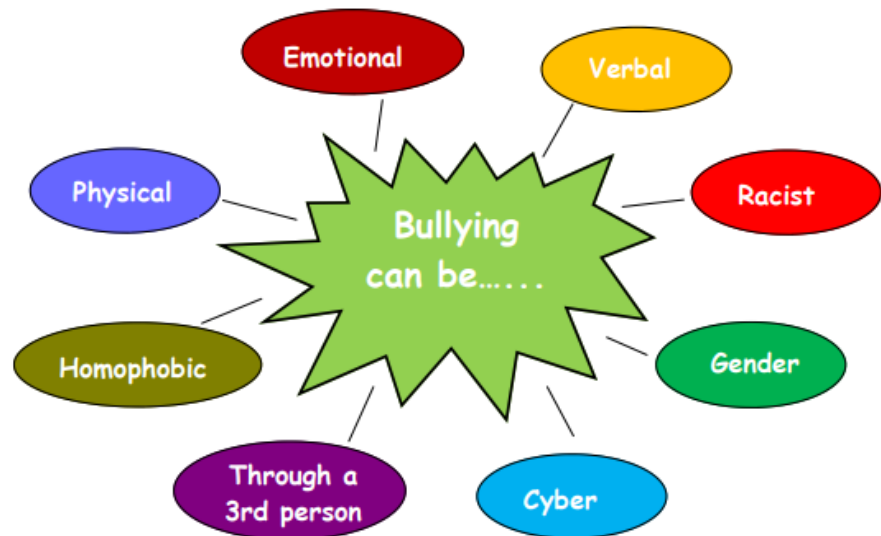
Being physically strong





What is Bullying?

A bully is someone who hurts someone more than once on purpose, by using behaviour that is meant to hurt, frighten or upset another person.



Define: **accident**

An unfortunate incident that happens unintentionally

Define: **consequences**

A result, effect or outcome of an action

Define: **deliberate**

To do something intentionally / on purpose

Risks, Hazards and Danger



What do we mean when we use the words risk, hazard and danger?

Risk: a situation involving exposure to danger.



Hazard: a potential source of danger.

Danger: the possibility of suffering harm or injury.





Sleep Chart



The suggested daily maximum salt intake:

- 4-6 year olds - 3 grams
- 7-10 year olds - 5 grams
- 11+ years - 6 grams



The suggested daily maximum sugar intake:

- 4-6 year olds - 5 cubes/19 grams
- 7-10 year olds - 6 cubes/24 grams
- 11+ years - 7 cubes/30 grams



Define: processed food

any food or drink that has been changed in some way when it's made or prepared

Define: mental health

a person's condition with regard to their emotional well-being

Define: self-esteem

confidence in your own worth or abilities; self-respect



Advertisement



Actual burger



Define: cyberbullying

A form of bullying online.

Define: debt

Debt is when one person who owes another person or company money, has to pay that money back within an agreed time.

REMEMBER: Adverts can affect how we feel. Often, adverts use words that they know will make us feel good if we invest or use their products. This is not a true reflection on real life and can often make us feel bad about *ourselves*.

WARNING: Do not believe everything you see and hear about from the media. A lot of it is false information or misleading.

WhatsApp is now 13!



PSHE - Personal Social Health Economics

Year 4 - Living in the Wider World



Great Moor Junior School

"Learning Together"

Respect, Kindness, Tolerance, Responsibility, Co-operation

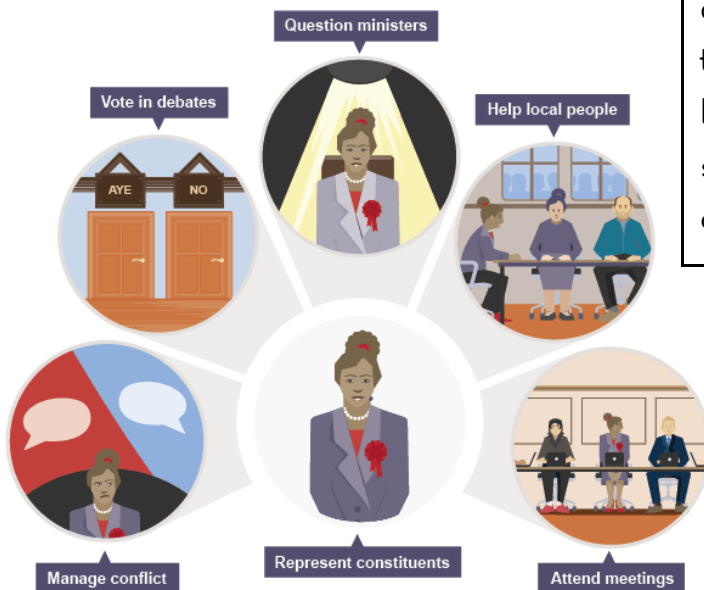


Define: **racism**

When a person is treated differently because of their skin colour or ethnicity (their religion, language or culture).

Define: **discrimination**

Discrimination is the process of making unfair views or actions between people based on the groups, classes, or other categories to which they belong or are thought to belong, such as race, gender, age, species, religion, physical features or sexual orientation.



What do MP's do?

BRITISH VALUES



Democracy

We all have a voice within school and society.



Rule of law

We understand that rules and laws are there to keep everyone safe and happy and we respect them.



Individual liberty

We know our human rights and responsibilities and are aware that we have freedom to make our own choices in life.



Mutual respect

We respect others and expect them to show us respect.



Tolerance of those with different faiths and beliefs

We respect and appreciate diversity and understand that everybody has different views and beliefs.

CAN BE USED ONLINE	CANNOT BE USED ONLINE
Payment Cards	Cash
Online Banking	Contactless Payment
Digital wallets	

Define: Stereotypes

Thinking all people who belong to a certain group are the same and labelling them.

Who or what influences people's choices about money?

Is it the same for everyone?



Define: Prejudice

Judging someone without knowing them, on the basis of what they look like or what group they belong to.

Skills that can be helpful in different jobs.

Problem solving Identifying challenges, suggesting effective solutions	Communication Sharing ideas or thoughts clearly with others	Numeracy skills Being able to work with numbers	Literacy skills Reading and writing
Organisation Managing time well, planning effectively	Teamwork Working well with others	Listening Listening to others' problems or points of view	Leadership Being able to direct and inspire others to achieve goals
Creative skills Coming up with original ideas	Resilience Being able to withstand or recover from difficulties	Adaptability Being able to adjust to new situations	Computing/Tech skills Knowing how to use digital devices and software