Personal Social Health Economics Year 4 Knowledge Organiser



Living in the Wider World

Rules, Rights & Responsibilities

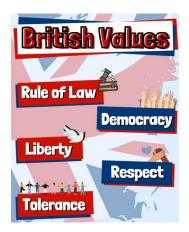
- Everyone has rights and responsibilities in school and in the wider community.
- Rules help keep everyone safe, fair, and respected.
- You can have a say in decisions that affect you (e.g. through school councils).

Money and Economic Understanding

- People earn money in different ways (jobs, self-employment).
- Money can be spent, saved, or donated.
- We need to think before we spend not everything we want is something we need.

Community and Participation

- Communities are made up of diverse people with different backgrounds, cultures, and beliefs.
- We all have a part to play in helping others in our community.
- It feels good to give back (e.g. helping, sharing, volunteering).



<u>Relationships</u>

Families and Different Relationships

- Families can look different from each other, and all should be respected.
- What matters most is that families provide love, care, and support.

Friendships and Respectful Relationships

- Good friends listen, include others, and help solve disagreements kindly.
- People should be treated with respect, even when we disagree.
- You can repair friendships after arguments through honesty and kindness.

Safe Relationships and Consent

- Everyone has the right to personal space and privacy.
- You should never keep a secret that makes you feel worried or unsafe.
- You can say "no" to things that make you uncomfortable.

RUMORS gossiping harassme mean words

Health and Wellbeing

Mental Health and Emotional Wellbeing

- Feelings like worry, anger, and sadness are normal.
- There are healthy ways to cope with big emotions (e.g. talking, drawing, breathing).
- You can ask for help when feelings become too big or hard to handle.

Physical Health and Lifestyle

- Keeping clean (washing hands, brushing teeth, bathing) helps stop illness.
- Sleep, healthy food, and movement help your body and brain work well.
- Screen time and sugar should be used in moderation.

Keeping Safe and First Aid

- Some situations are unsafe, and we should learn to spot warning signs.
- If something doesn't feel safe, say no, get away, and tell an adult.
- Know how to get help in an emergency (999, trusted adults).







Living in the Wider World

Debt	Debt is when one person who owes another person or company money, has to pay that money back within an agreed time.
Cyberbullying	A form of bullying online.
Consequences	A result, effect or outcome of an action
Deliberate	To do something intentionally / on purpose
Democracy	Where everyone gets a say in how things are done, and people choose their leaders by voting

Relationships

Discrimination	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, religion, physical features or sexual orientation.
Racism	When a person is treated differently because of their skin colour or ethnicity (their religion, language or culture).
Stereotypes	Thinking all people who belong to a certain group are the same and labelling them.
Prejudice	Judging someone without knowing them, on the basis of what they look like or what group they belong to.
Peer pressure	Influence or pressure from people around your age

Health and Wellbeing

Processed food	Any food or drink that has been changed in some way when it's made or prepared
Mental health	A person's condition with regard to their emotional well-being
Self-esteem	Confidence in your own worth or abilities; self-respect

Jack's Toolbox Blue Zone Tools Green Zone Tools Yellow Zone Tools Red Zone Tools · Worry box or · Box breathing · Bubble breathing · Active mile tame to talk · visual timer · Quiet time · Go Noodle · talk it out · Sensory room · make a plan · Positive talk · use Secrets of Success · Calm down Brain break fidget · Breaking tanks · Lion's breath breathing use talk partner · talking it out · Quiet zone to Work