



RSHE - Y4



06.09.2021 - 22.10.2021

Unit title

Description of Unit

Key Vocabulary

Fr2) Are all friends the same?

Understand that differences in gender, skin colour, religion, culture, sexuality and (dis)ability should not inhibit friendship or cause negative treatment. Discuss the similarities and differences between boys and girls, including basic ideas about gender vs designated sex (male and female) and non-binary.

Ramadan, Islam, Muslim, Biological Sex (in terms of male and female), Same-sex, Gay, Straight, Bullying, Discrimination, Non-binary, Gender

FR3) Are friendships always fun?

Understand that relationships come with a mixture of positive and negative emotions. Appreciate that friendships are not always perfect. Understand that it is normal to disagree with your friends. Develop techniques to deal with conflict within friendships. Understand when a relationship is unhealthy when support is needed.

Disagreement
Positive and Negative Emotions
Perfect
Compromise

M2) Are we happy all the time?

Understand the range of negative emotions that we can have. Learn what to do if we experience low moods. Build self-esteem.

Feelings Anger
Emotions Happiness
Sadness Love
Depression Self-esteem