Aston on Trent Primary School
PSHE Knowledge Organiser

Curriculum overview

In this unit we will be learning about relationships and what helps us feel safe and included. We will learn to recognise our own strengths, qualities and personal boundaries and how to respect both ourselves and others including our loved ones.

Key vocabulary

behaviour	What a person does.
boundaries	Limits that keep people safe and comfortable.
communicate	To share ideas or feelings using bodies, words writing or pictures.
friendship	A caring relationship where people enjoy time together and trust each other.
relationship	How people are connected with each other.
respect	Being thoughtful in a way you think, speak and act.
self-respect	Treating yourself with care.

Our topic is...



Connecting with others

'What helps us feel safe and included?'

Sticky knowledge

Everyone has personal boundaries that should be respected.

Respect means being thoughtful in a way we think, speak and act.

We should treat others how we would like to be treated.

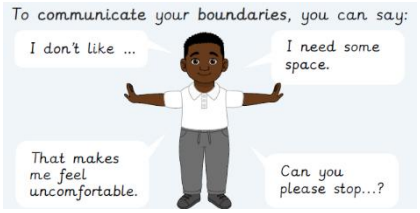
Families should make us feel loved, safe and supported.

Self-respect means valuing yourself and treating others with kindness.

Healthy friendships should help you feel included, valued and supported.

Boundaries

Boundafries are like an invisible circle around us which we sometimes do not want people to cross. This line ensures we feel comfortable and safe. Sometimes we have to communicate our boundaries to other people so they respect what we do and do not like.



Disagreements

Sometimes it is ok to disagree. Disagreeing respectfully is a thoughtful way of communiating your views and opinions to someonelse.

A falling out can sometimes mean a disagreement has happened. When this happens, we must use kind and fair words to solve the problem. We should: **Communicate**, **aplogise** and find a **solution**.