Aston on Trent Primary School
PSHE Knowledge Organiser

Curriculum overview

In this unit, we will be learning about how positive self-talk can help you build confidence and manage frustration. We will explore what trust looks like in friendships and how to strengthen or repair it when problems arise. We will practise resolving disagreements fairly, including through compromise. We will learn what a bystander is and describe safe, appropriate ways to act if they witness or experience bullying.

Key vocabulary

Assertive	Speaking up for yourself clearly and politely without being rude or bossy.
Compromise	Each person giving up a little of what they want to find a fair solution.
Disrespect	Not being thoughtful in the way you think, speak and act.
Manners	Everyday polite habits.
Self-respect	Treating yourself with care.
Bullying	Unkind behaviour several times on purpose.
Loneliness	Feeling that you are on your own, even when others are around.

Our topic is...

Connecting with others.



How can we respect each other?

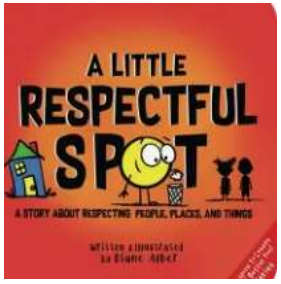
Sticky knowledge

Pupils know that...

- Self-respect means valuing yourself and treating yourself with kindness.
- Respect means treating others as you would like to be treated: with kindness and fairness.
- That compromise and fairness are vital to any friendship.
- There may be times when they see or become aware of bullying happening to others, either in person or online.
- A stereotype is an unfair assumption about a group of people, without considering them as individuals.

Texts and Links





KS2 PSHE: How to develop a positive mindset - BBC Teach
KS2 PSHE: A growth mindset - What is a good mistake? - BBC Teach

Positive self-talk

Positive self-talk is one way of showing self -respect. You can practise self-talk by saying:



What can you do?

If you see bullying or unfair treatment, you can start telling other people, like a trusted adult.

STEM sentences:
I am worried about...
I need help because...
I think.... needs help.
I do not know what to do about...