Aston on Trent Primary School
PSHE Knowledge Organiser

Curriculum overview

In this topic we will be developing self-respect and resilience by setting personal goals and practising respectful behaviour in different situations, including online.

Key vocabulary

Word	Definition
Bystander	Somebody who sees or knows something but is not involved in the incident.
Consent	Clear permission given freely.
Self-esteem	How you think and feel about yourself.
Upstander	Somebody who sees or knows something and chooses a safe and respectful action to help.
Boundaries	Rules that keep people safe and comfortable.
Respect	Being thoughtful in the way you think, speak and act towards others.
Stereotype	An unfair idea about a group of people that is not true.
Empathy	Understanding and sharing the feelings of someone else.
Bullying	Repeated unkind behaviour that causes physical or mental harm to others.

Our topic is...

Connecting with others







Sticky knowledge

Pupils will know that...

- I know self-respect supports good mental health and happiness and aids personal growth.
- I know discrimination is when someone is treated unfairly or differently because of who they are, such as race, gender, religion or disability.
- I know how people deal with fallouts and disagreements can affect how strong our friendships become.
- I know it is important to regulate our responses to emotions, so they do not control our feelings and actions.
- I know I should always seek help and speak to a trusted adult if I experience or witness violence, threats or harm (either in person or online) and if someone repeatedly ignores our boundaries or makes me feel unsafe