

Knowledge Organiser

Year: 4

Subject: RSHE

Unit: Relationships

Overview

In this learning sequence, pupils will learn to respect others, value differences, and show kindness. They develop empathy, confidence, and understand what makes a good role model and friend. They explore healthy friendships, resisting peer pressure, and expressing feelings. Pupils celebrate diversity and learn to respect their community and those who help keep it safe.

What should I already know?

- Consent means asking someone if something is okay and waiting for their answer.
- I should always ask before touching someone or using their things.
- Asking for permission means checking if someone is happy with what I want to do.
- Giving permission means saying "yes, that's okay."
- Bullying is when someone is unkind on purpose and keeps doing it.
- Bullying can hurt people's feelings and make them feel scared or sad.
- Falling out is when friends have a disagreement or argument.
- Bullying is repeated unkind behaviour that doesn't stop.
- Falling out can be fixed by talking; bullying needs adult help.
- An upstander is someone who helps others when they see unkind behaviour.
- A bystander is someone who watches and does nothing.
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Vocabulary:

Discrimination

When someone is treated differently or unfairly for being who they are.



Inclusive

Including everyone or everything, ensuring no person, group, or part is left out.



Role model

A person whose actions set an example or are copied by others.

What will I know by the end of the sequence?

- Discrimination is when someone is treated unfairly, and it is wrong because everyone deserves kindness.
- Being inclusive means making sure everyone feels welcome and no one is left out.
- A role model is someone we look up to because they make good choices and set a positive example.
- A healthy friendship is kind, fair, and supportive.
- I can express my feelings by talking, drawing, writing, or asking for help.

Diversity

Having a wide variety of different people, things, or ideas in a group.

Prejudice

Hatred or unfair treatment toward a person or group without cause or reason.

• I can be a good friend by listening, sharing, helping, and being kind. • Diversity means people are different in many ways, and that's a good thing. • Diversity helps our school, families, and communities because we learn from each other. • Prejudice and discrimination are unfair and unkind, and we should tell a trusted adult if we see them. • Peer influence is when friends encourage us to do things, good or bad. • I can deal with peer influence by making good choices and encouraging others to do the right thing. • A community is a group of people who live, learn, or work together. • I can help my community by being responsible, caring, and helpful.	Influence	The power to change how someone thinks, acts, or feels, often in a gentle or indirect way.
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