WELCOME TO THE YEAR 3 AND 4 RELATIONSHIPS AND HEALTH EDUCATION MEETING

THE STATUTORY CURRICULUM

- SPLIT INTO RELATIONSHIPS EDUCATION AND HEALTH EDUCATION
- PLEASE NOTE THAT ALL TEACHING IN YEAR 3 AND 4 IS WITHIN RELATIONSHIPS AND HEALTH EDUCATION AS SUCH CHILDREN CANNOT BE WITHDRAWN FROM THE SUBJECT

RELATIONSHIPS EDUCATION

- THE FOLLOWING RESOURCES ARE TAKEN AS EXAMPLES OF THE TYPES OF RESOURCES USED TO TEACH DIFFERENT ASPECTS OF THE RELATIONSHIPS EDUCATION CURRICULUM.
- THE RESOURCES ARE REPRESENTATIVE OF THE LEVEL OF RESOURCES USED.

FAMILIES AND PEOPLE THAT HELP US



































'Solve it together' Technique

Step 1 - 'Solve it together' code

Each person needs to agree to

- · Respect each other
- · Take turns to speak
- Be honest
- · Involve an adult if it is serious
- · Want to solve the problem





Step 2 - Hearing both sides of the problem

Each child has the chance to say what he/she thinks happened.

Step 3 - Sharing feelings

Each child has the chance to say how he/she feels about the situation.

Then each child has a chance to say how he/she thinks the other person might be feeling.



Step 4 - Finding solutions



The children think of what they can do to solve the situation or to make the situation better for them both.

Step 5 - The agreement

The children choose a solution and shake hands.



CARING RELATIONSHIPS

RESPECTFUL RELATIONSHIPS

You will need:

Strips of coloured paper approx. 30cm x 5cm per strip

Wooden baton or stick

Tape



To make:

Using pens, draw on a strip of paper a person who is special to you.

Next to the picture complete the sentence:

"You are special to me because ..."

- 2) Make three strips:
- · One about a friend
- · One about a family member
- · One about a person who you don't know but have respect for
- Then collect all the strips of paper together and secure them onto one end the baton to make your appreciation streamer.

ONLINE RELATIONSHIPS



Fantasy Builder

The fastest growing online building game in the world. Don't be the one to miss out!

100% positive reviews.

(Suitable for Android and iOS devices)



Free to download (This game has in-App purchases)



Add to wish list



Make and build your own fantasy land with its own characters and landscape that YOU create.

Imagine a world full of unicorns? How about a fantasy island with battling dragons and wizards? Is a space adventure your thing, or a fantasy theme park?

The only limit is your imagination!

Share your worlds with others online and let them explore and interact with your creations.

Message your friends and build your worlds together.

Only add people you know and trust in real life as friends.

Treat people online with respect.

Don't say unkind things to others online.

Only chat or message people who you know and trust in real life.

Don't give anyone your passwords.

If someone is asking you to keep a secret online, discuss this with an adult you trust. Some secrets are 'worry secrets' and should be shared.

Check out any new apps and websites you want to use with somebody you trust, and get permission to use them. Don't send pictures of yourself, or give details like your age, school and address to people online. If someone online is asking, check it out with an adult first, it is not always safe.

If you are worried about anything you have done or seen online, don't keep it a secret. Talk to an adult you trust.

BEING SAFE





Smoking makes a person's belongings, clothes, hair and breath smell	Smoking makes a person's teeth go yellow	Smokers are more likely to get health problems with their hearts and lungs
The addictive drug in cigarettes is nicotine	Smokers get more wrinkles and skin aging than non- smokers	Smokers can't taste or smell as well as non- smokers
Some people think smoking makes them look cool/ tough/ grown-up	E-cigarettes/vaping is still risky for a person's health	Breathing in other's smoke is called passive smoking, and is also unhealthy

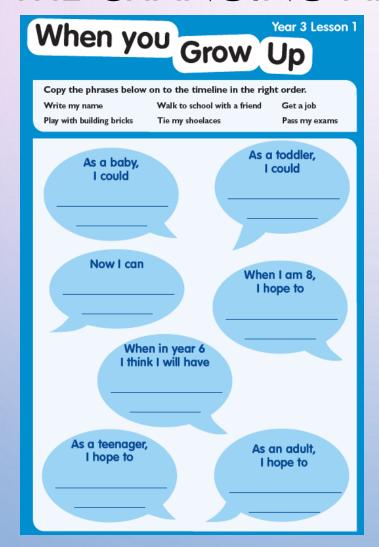
HEALTH EDUCATION

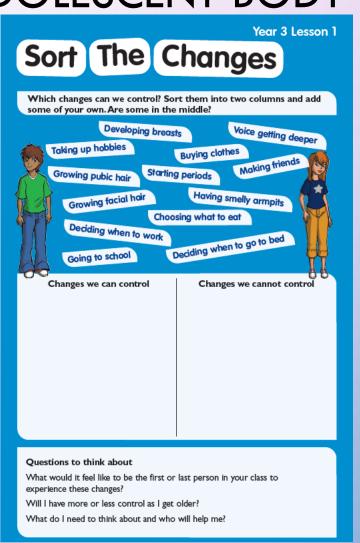
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PHYSICAL AND MENTAL WELLBEING

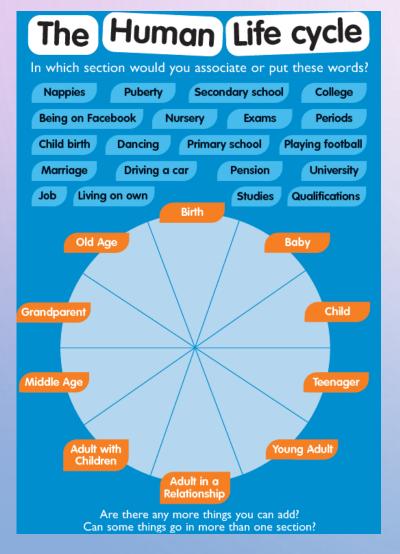
• IN THIS ASPECT WE LOOK AT THE IMPORTANCE OF GOOD PHYSICAL AND MENTAL HEALTH AND DISCUSS STRATEGIES WE CAN USE TO IMPROVE BOTH OUR PHYSICAL AND MENTAL HEALTH.

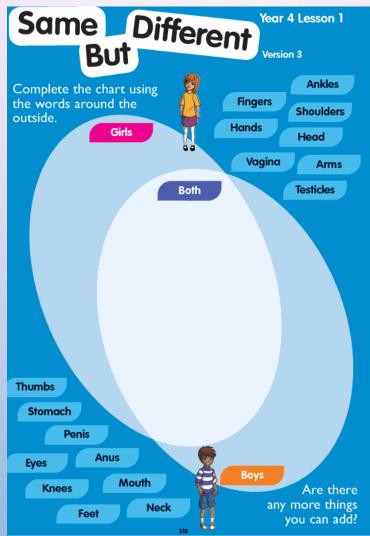
THE CHANGING ADOLESCENT BODY





THE CHANGING ADOLESCENT BODY









Write in changes and how you feel about them.



