

## Year 4

What will my child be learning in this unit?

In this unit, children will learn that their attitudes and actions affect others and play an important role in creating a positive class team. They will explore inclusion and exclusion, and how to make others feel welcome and valued. Children will understand their role within the school community, the different people who help them, and how they can contribute. They will learn about democracy, having a voice, and how rules and the Learning Charter support fairness and wellbeing. Children will also explore how choices lead to rewards and consequences, and develop skills in empathy, cooperation and resolving disagreements respectfully.

How to Support at Home

- Discuss inclusion: Talk about times your child has felt included or excluded and what they can do to help others feel welcome.
- Explore roles and responsibility: Encourage your child to take on small responsibilities at home and recognise how their contributions help others.
- Talk about fairness and decision-making: Discuss how rules help families work well together and how everyone can have a voice.
- Encourage empathy and problem-solving: Ask your child how others might feel in different situations and how they can resolve disagreements calmly.

Simple Activity: "Our Family Charter"

1. Together, create a simple family charter with 3–5 rules or agreements that help everyone feel safe, included and respected.
2. Encourage your child to share their ideas and explain why each one matters.
3. Display the charter and use it to support fair decisions and solve problems together.



# Being Me In My World

## Parent Support Guide

This guide helps parents support their children in exploring their own identity, understanding their feelings, recognising their strengths and goals, and learning how they belong in different groups, such as school, family, and the wider community. It also encourages children to develop responsibility, confidence, and a sense of fairness.



# Celebrating Difference

## Parent Support Guide

This guide helps parents support their children in learning about celebrating difference, inclusion and respectful relationships. Children explore how everyone is unique, develop empathy and kindness towards others, challenge stereotypes and bullying, and learn how respect, acceptance and understanding help create safe, welcoming and inclusive communities.



## Year 4

### What will my child be learning in this unit?

In this unit, children explore how first impressions and assumptions can influence the way we think about others. They learn to question stereotypes, recognise how family, friends, the media and social media can shape opinions, and understand the importance of accepting people for who they are. Children also develop a deeper understanding of bullying, including the role of bystanders and how to respond safely both online and offline. They build self-esteem by recognising what makes them unique and learn that empathy, kindness and respect help create an inclusive community where everyone feels valued.

### How to Support at Home

- Challenge assumptions: Encourage your child to get to know people before making judgements.
- Discuss media messages: Talk about how images and social media don't always show reality.
- Promote online safety: Remind your child to pause before posting, keep personal information private and speak to a trusted adult if something online worries them.
- Celebrate individuality: Encourage your child to value their own strengths and appreciate the qualities of others.
- Encourage empathy: Talk about how understanding someone's experiences can change first impressions.

### Simple Activity: "Look Beyond First Impressions"

- 1) Choose a book or TV character and discuss your first impression of them.
- 2) Talk about what you learned as you got to know the character better.
- 3) Discuss why first impressions are not always accurate.



# Dreams and Goals

## Parent Support Guide

This guide helps parents support their children in learning about goals, aspirations and perseverance. Children explore how effort, resilience and teamwork help them overcome challenges, celebrate success and develop confidence in themselves and others.



## Year 4

What will my child be learning in this unit?

In this unit, children explore their hopes and dreams and the feelings that come with them. They learn that achieving goals often takes perseverance and resilience, and that not all hopes and dreams come true. Children develop strategies to cope with disappointment, seek support from others and make new plans when things do not go as expected. The unit also focuses on teamwork, helping children plan steps towards shared goals, value everyone's contributions and celebrate success together.

### How to Support at Home

- Talk about hopes and dreams: Encourage your child to share their goals and how these make them feel.
- Normalise disappointment: Reassure your child that feeling disappointed is natural and talk about times when things did not go to plan.
- Build coping strategies: Help your child identify ways to calm down, reflect and move forward after setbacks.
- Encourage positive thinking: Support your child to make new plans and maintain a positive attitude.
- Promote teamwork: Talk about group tasks at school or home and the importance of everyone's contribution.

### Simple Activity: "Plan B"

1. Share a simple example where something didn't go as planned (yours or theirs).
2. Ask: How did that feel?
3. Together, create a **Plan B**: What could you try instead?
4. End by naming one thing they learned from the experience.



# Healthy Me

## Parent Support Guide

This guide helps parents support their children in the *Healthy Me* unit of PSHE. Across the unit, children explore how to keep their bodies and minds healthy, make positive choices about food, exercise, rest, and personal hygiene, and understand how to stay safe in different situations. They develop awareness of how their actions affect their wellbeing, learn to manage feelings and peer pressure, and build confidence, resilience, and responsibility as they make healthy choices for themselves and others.

## Year 4

### What will my child be learning in this unit?

Children learn about different types of friendships, how friendships can change over time, and how to recognise healthy and unhealthy relationships. They explore peer influence, smoking, vaping, alcohol and risky behaviour, developing the confidence to make safe choices and resist pressure. Children also learn about staying safe, including around railways, how to seek help in an emergency, and how to manage difficult feelings through healthy coping strategies. Throughout the unit, they develop assertiveness, resilience and confidence to stand up for what is right.

### How to Support at Home

- **Talk about friendships:** Discuss what makes a healthy friendship and remind your child that good friends respect each other's choices.
- **Practise saying no:** Role-play situations where your child may feel pressured and discuss confident, respectful ways to respond.
- **Discuss safety:** Talk about railway safety, risky situations and when it is important to call 999 or ask a trusted adult for help.
- **Substance awareness:** Explain the health risks of smoking, vaping and alcohol in an age-appropriate way.
- **Support emotional wellbeing:** Encourage your child to talk about feelings such as loneliness, embarrassment or pressure and reassure them that asking for help is always okay.

### Simple Activity: "What Would You Do?"

1. Take turns reading different friendship or safety scenarios.
2. Ask, "What would you do? Who could help?"
3. Discuss how making safe, respectful choices shows confidence and inner strength.





# Relationships

## Parent Support Guide

This guide helps parents support their children in the Relationships unit of PSHE. Across the unit, children explore how to build positive and safe relationships with family, friends, and others. They learn to recognise and manage emotions, develop empathy, communicate effectively, and resolve conflicts. Children also reflect on personal boundaries, appreciate the importance of trust and support networks, understand the impact of online interactions, and practise showing kindness, gratitude, and respect. The unit helps them build confidence, resilience, and social responsibility as they develop healthy, caring, and respectful relationships.

## Year 4

What will my child be learning in this unit?

In this unit, children explore emotions in relationships, including recognising jealousy and learning healthy ways to manage it. They learn about love, loss and memories, understanding that change is a normal part of life and that trusted adults can help during difficult times. Children develop friendship skills, including making new friends, resolving disagreements and managing changes in friendships. They also gain an age-appropriate understanding of romantic relationships, learning that these are for when they are older and should never involve pressure. The unit finishes by encouraging children to show love, kindness and appreciation for the people and animals who are important to them.

### How to Support at Home

- **Discuss emotions:** Talk about feelings like jealousy and ways to respond positively.
- **Express appreciation:** Encourage your child to say why someone is special and reflect on memories of people they no longer see.
- **Support friendships:** Discuss changes in friendships and practise problem-solving when conflicts arise.
- **Show care:** Encourage your child to express love and kindness to people and animals they care about.

### Simple Activity: "Caring Actions Plan"

1. Ask your child to choose someone or an animal they care about.
2. Discuss ways they could show care or appreciation.
3. Make a small plan or draw a picture of these actions.
4. Reflect together: How did it feel to plan or show care?





# Changing Me

## Parent Support Guide

This guide helps parents support their children in the *Changing Me* unit of Jigsaw PSHE. Across the unit, children explore how their bodies grow and change over time, including understanding the life cycles of humans and, in an age-appropriate way, the changes that happen during puberty. They learn to recognise and manage the feelings that can come with these changes, develop a positive understanding of themselves, and build confidence in talking about their bodies and emotions. The unit also supports children in understanding relationships, personal boundaries, and the importance of respect and privacy, helping them to feel prepared, reassured, and empowered as they grow and change.

## Year 4

### What will my child be learning in this unit?

In this unit, children learn about identity and what makes each person unique, including how family, experiences and choices help shape who we are. They are encouraged to value differences in others and understand that everyone is individual. Children learn about puberty as a natural stage of growth and development. This includes understanding that both boys and girls experience physical and emotional changes as they grow into adults. This includes learning about menstruation (periods) and how the female body changes during puberty in preparation for adulthood. New scientific vocabulary is introduced, including womb and ovaries, to support accurate understanding of how the body develops. Children also explore the importance of family and trusted adults, recognising that families can look different and that support networks help us as we grow. They learn strategies for managing change, including understanding that some changes are within our control and others are not, and how to cope with feelings that arise during times of change. The unit supports children in building confidence, resilience, and emotional awareness as they prepare for future transitions.

### How to Support at Home

- **Talk about identity and uniqueness:** Discuss what makes your child special, including their interests, skills, and experiences, and encourage respect for differences in others.
- **Use correct scientific language:** Reinforce age-appropriate vocabulary related to puberty and body development in a calm and matter-of-fact way.
- **Support conversations about change:** Encourage your child to talk openly about feelings, change, and trusted adults they can turn to for support.

### Simple Activity: "My Support Circle"

1. Draw your child at the centre of a page.
2. Add people who support them (family, friends, school staff).
3. Talk about how each person helps them in different ways.