



ESF Progression in PSHE /RSE Skills and Knowledge - Year 4



	Year 4
Families and People who care for us	I know families are important for children growing up because they can give love, security and stability.
	I know the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
	I know that others' families, either in school or in the wider world, sometimes look different from my family, but that I should respect those differences and know that other children's families are also characterised by love and care.
	I know that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.
	I know that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.
Caring Friendships	I know that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.
	I know that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.
	I know how to recognise who to trust and who not to trust, how to judge when a friendship is making me feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.
Online Relationships	I know that people sometimes behave differently online, including by pretending to be someone they are not.
	I know that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.
	I know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.
Respectful Relationships	I know practical steps that I can take in a range of different contexts to improve or support respectful relationships.
	I understand and use the conventions of courtesy and manners.
Being Safe	I recognise the difference between 'playful dares' and dares which put someone under pressure, at risk, or make them feel uncomfortable.
	I know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).
	I know about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.
	I know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
	I know how to recognise and report feelings of being unsafe or feeling bad about any adult.
	I know how to ask for advice or help for myself or others, and to keep trying until I am heard.
	I know how to report concerns or abuse, and the vocabulary and confidence needed to do so.

Keeping Safe	I know how medicines, when used responsibly contribute to health and that some diseases can be prevented by vaccinations and immunisations and how allergies can be managed.
	I know how to predict, assess and manage risk in different situations.
	I know about the importance of taking medicines correctly and using household products safely.
	I know about the risks and effects of legal drugs common to everyday life. For example: e-cigarettes, vaping, alcohol and medicines and their impact on health.
Mental Wellbeing	I know that mental wellbeing is a normal part of daily life, in the same way as physical health.
	I know how to recognise and talk about my emotions, including having a varied vocabulary of words to use when talking about my own and others' feelings.
	I know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
	I know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.
	I know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
	I know isolation and loneliness can affect me and others, and that it is very important for us to discuss our feelings with an adult and seek support.
	I know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.
	I know that mental wellbeing is a normal part of daily life, in the same way as physical health.
Physical Health and Fitness	I know the characteristics and mental and physical benefits of an active lifestyle.
	I know the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.
	I know the risks associated with an inactive lifestyle (including obesity).
	I know how and when to seek support including which adults to speak to in school if they are worried about their health.
Internet Safety and harms	I know how to consider the effect of my online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.
	I know that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.
	I know where and how to report concerns and get support with issues online.
Health and Prevention	I know about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.
	I know about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.
	I know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.

Growing and Changing	I can identify the external genitalia and internal reproductive organs in male and females and how they the process of puberty relates to human reproduction.
	I know about the physical and emotional changes during puberty.
	I know key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams during puberty.
	I know about strategies to manage the changes during puberty including menstruation.
	I know the importance of personal hygiene routines during puberty including washing regularly and using deodorant.
	I know how to discuss the challenges of puberty with a trusted adult.
	I know how to get information, help and advice about puberty.