Year

**4**

Understanding and appreciating positive relationships

**Lesson 1 Title:** Positive relationships

**Learning objectives:**

1. To recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships

**Lesson 2 Title:** Understanding the different types of bullying

**Learning objectives:**

1. To understand what is bullying and how bullying occurs
2. To be aware of the different types of bullying

**Lesson 3 Title:** Challenging stereotypes and misconceptions

**Learning objectives:**

1. To recognise and challenge stereotypes

**Lesson 4 Title:** Mental well-being and my family

**Learning objectives:**

1. To understand that people may experience and recover from mental ill health in the same way as physical ill health
2. To know how to seek support if they need help or advice about their own or someone else’s mental health

**Lesson 5 Title:** Secrets and surprises

**Learning objectives:**

1. To know that the body gives signals when in danger
2. To understand that it is important to think about the risks in situations and what will keep them safe
3. To understand that there are different types of touch that people like and dislike
4. To know that a person has the right to personal space