

## Year 4 - PSHE

<b>Subject</b>	PSHE
<b>Class/Division</b>	Year 4 A-F
<b>Week</b>	30 (21 <sup>st</sup> - 25 <sup>th</sup> MARCH 2021)
<b>Work sent to students via</b>	<b>ZOOM</b>
<b>Total number of lessons per week</b>	1
<b>Unit</b>	UNIT 6- Personal Safety (CONTINUED)
<b>Lesson 1</b>	<b><u>Topic:</u> Personal Safety</b>
	<b><u>Learning Objective:</u></b> Evaluate and explore feelings of discomfort when put under pressure.
	<b><u>Learning Outcome:</u></b> To be able to learn how to handle everyday pressure of life.
<b>Resources –</b>	PSHE file, PPT will be posted on GC for reference
<b>Task-</b>	<b>Discussions of the above and questioning will be conducted during the zoom sessions.</b>  Discussion, questioning and explanation will be done during the zoom.  <b>1) Be calm and reassuring</b>  Children should learn to be cautious, alert, and prepared - not fearful. They are less apprehensive when they have the skills, information, and confidence they need to act on their own behalf.  <b>2) Give permission to say “No” and tell</b>  Explain that there are different kinds of secrets, “okay” secrets and “tell” secrets. Tell children that if they are asked to keep a special secret about touching, they should say “No, I’m going to tell.” Tell them they have the right to say “No” even to someone who threatens them or to someone they know. (When children are hurt, it’s

usually by someone they know, not by a stranger.)

### **3) Help children identify trusted adults**

Talk openly about whom a child would go to in an emergency. Cite specific examples such as the person using a cash register at the mall, a mother with children, or a teacher.

### **4) Set body boundaries**

Teach children to guard themselves by setting body boundaries. Tell them that their private parts are the parts covered by a bathing suit. No one should touch their private parts. If someone does or makes them feel uncomfortable or confused, it's okay to say "No", and then they should tell a trusted adult. Learn more about age appropriate sexual behavior here.

### **5) Teach children the buddy system**

Children should learn that it is always safer to be with a friend or a trusted adult than alone.

### **6) Teach children to check with others first**

Teach children to check with trusted adults before changing plans or going anywhere - even with adults the child knows.

### **7) Teach children telephone skills**

Teach them your cell phone number and to call child helpline services.

### **Children's safety**

**The UAE protects children by enforcing laws to protect them and empowers them by providing education, good health and other facilities.**

Written tasks will be put up on GC.

