

# Year 4



## Personal Safety

- I can describe strategies for keeping my personal information private, depending on context.
- I can identify times or situations when I might need to limit the amount of time I use technology.
- I can explain that others online can pretend to be me or other people, including my friends.
- I can analyse information and differentiate between 'opinions', 'beliefs' and 'facts'. I understand what criteria might to be met before something is a 'fact'.

## Social and Emotional Skills

- I can manage/regulate my own emotions e.g. anger, jealousy, excitement.
- I can explain why it is important to have empathy, tolerance and respect for others appreciating their feelings and beliefs.
- I can react appropriately when accepting praise or criticism.
- I can manage new friendships.
- I am aware of the effect of peer influence and am able to make decisions and be assertive.
- I know how to approach something I might find challenging.

## Personal Care

- I can organise everything I need for an outing with some support. (School day or a trip)
- I have basic self help skills. (i.e. I have a headache/I feel sick, perhaps I should have a drink and see if that helps first)
- I know it is important to keep clean and I am aware of how often I should have a shower/bath.
- I have an understanding of a positive body image and the importance of healthy eating.

## Understanding the World

- I know what to do if I feel unsafe when out in the community.
- I have an understanding of what is happening in the local news and I show curiosity towards it.
- I know some history from our country and can identify roughly the year/century.
- I am beginning to understand that some people in the world value and have different items/beliefs.

*Please ask your child's class teacher if you have any questions regarding this document and its use. A separate document will be re-released regarding our Relationships and Sex Education guidance before term 6.*