

# LKS2 PSHE and Citizenship

## Relationships - Be Yourself

### Guide for Parents and Carers

**This term, your child's PSHE and Citizenship topic is 'Be Yourself'.**

This unit is inspired by the idea that it is important to have confidence to be yourself. It aims to enable children to identify their strengths and achievements as well as help them to recognise different emotions that they experience. In this unit, children will also explore how to express their thoughts and feelings respectfully and how to be assertive when in uncomfortable situations. The children will also have an opportunity to explore the influence of the media in how we view ourselves and analyse the reality of these messages. The unit ends with the children exploring how to make things right when we make mistakes and the importance of learning from these.

#### **We will be exploring the following questions:**

- Lesson 1:** What does it mean to have pride in ourselves? Why should we be proud of our achievements?
- Lesson 2:** What are our main feelings and emotions called? What do they feel like? When might these feelings happen?
- Lesson 3:** What can we do when we feel unhappy or uncomfortable? Why is it important to tell people how we feel?
- Lesson 4:** What is 'being assertive'? When and how can we be assertive?
- Lesson 5:** What messages do we get from the media about how people should look, feel and behave? Are those messages realistic?
- Lesson 6:** What can we do if we do something wrong or make a mistake? How can this help you in the future?

#### **Your child will be taking part in a range of activities, including the following:**

Creating a trophy to show their achievements, creating a picture to show how an emotion feels, making a storyboard to show how to share uncomfortable feelings with others, taking part in a role play to increase confidence when being assertive, creating a poster to show ways the media try to influence how we feel and completing statements to explain different strategies they can use if they make a mistake.

#### **About PSHE and Citizenship Education**

PSHE and Citizenship Education deals with personal, social, health and citizenship education. It is an important part of the school curriculum that aims to teach children the knowledge and skills that they need stay safe, happy and healthy, while preparing them for their life ahead.

We understand that some parts of the PSHE and Citizenship curriculum involve exploring sensitive or controversial issues. That's why all adults involved in delivering your child's PSHE and Citizenship education will make every effort to establish a supportive and positive environment for learning.

Children will be given opportunities to ask any questions they may have, and adults in the class will set aside time to explore any questions or issues that are raised in the course of the lesson.

If you have any questions or concerns regarding your child's PSHE and Citizenship lessons, or anything else, please don't hesitate to let us know.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

