

# UKS2 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 we are all individuals and that it is important to 'be yourself'. It aims to encourage the children to develop a positive view of themselves and enable them to recognise the importance of being proud of their individuality. In this unit, children focus on the importance of recognising situations where they need to make positive choices in order to do the right thing. They also explore how to avoid being led into tricky situations and how to recognise and respond to peer pressure. The unit will also look at how to be confident and how to manage uncomfortable feelings. The unit ends by helping the children to investigate how to make things right when they make a mistake.

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

**Lesson 1:** Is it OK to think and feel differently to other people? What does 'being an individual' mean, and why is this a good thing?

**Lesson 2:** Why is it important to share our thoughts and feelings with those around us? How can we communicate our thoughts and feelings to others?

**Lesson 3:** What are some of the uncomfortable feelings that people can feel? What can we do to manage them?

**Lesson 4:** What situations might make us feel nervous or shy? How can we feel and act more confident in these situations?

**Lesson 5:** How can we know when we might have to make a different choice to those around us? How can we do the right thing even if others do not?

**Lesson 6:** How might we feel if we have made a mistake or done something wrong? What can we do about it?

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

Creating a picture to show the importance of recognising their uniqueness, expressing an alternative opinion using taught communication strategies, using role play to explain ways to manage uncomfortable feelings, identifying strategies to help them feel and be confident, using scenario cards of tricky situations to describe strategies to help make positive choices and making a poster to remind others of how to make amends after making a mistake.

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

PSHE and Citizenship Education stands for Personal, Social, Health, Economic and Citizenship Education. It is an important part of the school curriculum that aims to teach children the knowledge and skills that they need to 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](#).