



Knowledge Organiser

PSHE - Health and Wellbeing & Relationships

Year 1/2

Theme: Cause and Effect

Spring Term B

Prior core knowledge

Children are confident to speak to others about own needs, wants and opinions.
 Can describe self in positive terms and talk about abilities.
 Practises and know some appropriate safety measures.
 Understand that their own actions affect other people.

Year 2 only

Can you tell me what the PANTS underwear rules are?

P—privates are private / A—always remember your body belongs to you/ N— no means no/ T - Talk about secrets that upset you/ S - speak up, someone can help

How do your needs grow as you change and develop?

Our personalities, likes and dislikes change and as a result, our needs change too.

What does responsibility mean?

To have a duty or deal with something or somebody.

Core knowledge for this unit

What is the difference between a good secret and a bad secret?

A good secret is something that will make you feel happy and excited. A bad secret is something that might make you feel worried, uncomfortable or sad.

Who can you go to if you feel worried or unsafe?

A trusted adult—a family member over the age of 18, adults in school, police officer, doctor etc.

How can you stay safe online?

Don't share your personal information, including, where you live, your name, or age. Only use adult approved websites and never arrange to meet anyone from the internet.

What is the difference between a good touch and a bad touch?

A good touch makes you feel happy and safe. Bad touches might make you feel sad, nervous or scared.

What is the difference between something being fair and unfair?

Fair means everyone gets what they need, based on opportunity. Unfair is to treat someone unkindly, or to refuse them equal rights.

What is a similarity and what is a difference? Why should we respect these?

A similarity is a similar feature or aspect between someone or something and a difference is something that is not the same or similar. We should respect difference so that everyone feels valued and equal.

Know the PANTS Underwear rules *P—privates are private / A—always remember your body belongs to you/ N— no means no/ T - Talk about secrets that upset you/ S - speak up, someone can help*

Vocabulary

Secret	Something that is kept or meant to be kept unknown or unseen by others.
Trusted Adult	Someone that you have a good relationship with, whose actions and words make you feel safe.
Safety	Being protected from danger, risk, or injury.
Differences	Something that is not the same or similar.
Similarities	A similar feature or aspect between someone or something.
Fair	Fair means everyone gets what they need, based on opportunity.
Unfair	Unfair is to treat someone unkindly, or to refuse them equal rights
Trust	To believe that someone is good or honest and will not harm