



# Year 3 PSHE Knowledge Organiser

## Autumn 1 - Family and relationships



There are similarities and differences between people.



Stereotypes can have a negative impact as they can make people think they cannot do certain things.

Bullying can be physical or emotional and is repeated. Bullying can happen online as well as face to face.



### Getting help

Talk to an adult you trust either at school or at home.

**Contact:** Childline  
www.childline.org | 0800 1111  
Calls DO NOT show on the phone bill

## Key Vocabulary

<b>Bullying</b>	To cause repeated physical or emotional pain to somebody
<b>Empathy</b>	To be considerate and understanding of other people's feelings
<b>Open questions</b>	Questions that do not have simple one word answers
<b>Sympathy</b>	Feeling sad for someone when something bad happens to them
<b>Trust</b>	Relying on someone to do something for you, such as keeping a secret or keeping something safe for you
<b>Communicate</b>	To interact with other people through words or body language

## Key Knowledge

- We should respect the differences between other families and that families are characterised by love and care.
- There are people who can help if I am worried about anything in my family (Childline).
- We may experience problems with friends and this is normal
- If we have problems with our friends we need to communicate to each other.
- Bullying can be shown through a variety of ways: Be physical and emotional, be by one person or a group of people, happen online, happen face-to-face,
- Bullying is repeated and not just a one-off falling out
- There are different ways in which we communicate, for example, talking, sign language, body language, writing and pictures.
- There are different ways in which we show we are listening, for example, eye contact, nodding and asking questions about what is being said.
- Trust is a very important part of relationships and friendships
- We might trust somebody less if someone is not doing something when they say they will, forgetting something, telling someone else something they shouldn't have.
- There are many things that are the same and different with other people.
- Similarities and differences can be appearances or things we can't see in photos (language they speak, their religion, their family).
- Stereotyping is harmful and can upset and offend people, both in person and online.
- A stereotype is an assumption about a group of people based on a shared characteristic, such as gender.