



Norton Road Primary School Safeguarding Curriculum

2025-2026

Year 4						
Year 4	Autumn 1 Being Me in my World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Healthy Me
Outline Content	Settling personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Families and their differences Family conflict and how to manage it (child centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas
Safeguarding focus	- Water safety. - Online safety. - Family conflict. - Witness feelings and solutions. healthy bodies,		- Careers, financial capability & economic wellbeing. - Being safe. - Drugs, alcohol & tobacco - drugs education – don't be pressurised, drugs awareness -		- Keeping myself safe. - Safety in the sun. - Emotional & mental health. - Food, diet and fitness - Keeping safe, looking after our bodies,	

	• looking after me, taking care of yourself mentally, emotionally and physically – • everyone is different but we are all people • bullying/racism • families come in a • shapes and forms – different parenting arrangements, homophobia – • Anti-bullying week – theme for the school		looking after our bodies and peer pressure • Online safety talk – cyberbullying and online safety - online safety week - drugs, alcohol and tobacco • looking after our bodies – peer pressure - showing respect online		• Managing pressure and risks - My body is my body • To identify safe adults to talk to • To use the worry box	
Special Events	World Animal NSPCC-PANTS Fire Service talk	Children in Need Anti-Bullying week Cyber safety talk NSPCC- children and parents	Safer Internet Day Sports relief	Healthy Me Week NSPCC – Pants workshops/assembly	Road Safety Mental Health Week	PANTS-NSPCC