



PSHE

YEARS 3 AND 4

SPRING 1-RELATIONSHIPS

FEELINGS AND EMOTIONS

Lesson 3: Monday 22nd February 2021

Learning Objectives:

- To understand the concept of keeping something confidential or secret
- To know when you should or should not agree to keep a secret

Learning Outcomes:

- To be able to explain what it means to keep something confidential.
- To be able to decide if a secret should be kept or not.
- To identify strategies for speaking up if a secret should not be kept.

What is a secret?

A secret is when we do not want others to be aware of something.....



Fun Secrets:



Sometimes we keep secrets to give others a lovely surprise!

HAPPINESS IS



...a surprise visit from friends.

Task 1: Make a list of secrets you have kept to surprise somebody and times when others have surprised you!

Respecting others privacy

Sometimes a friend or sibling might tell you something in confidence and ask you not to tell anyone else because they are a little embarrassed by it.....



I still sleep with my teddy

Me too!



It is really important that our friends and family know we are trustworthy and they can share their thoughts and emotions with us and rely on us not telling everyone else

A good secret or a bad secret

Some secrets are not good to keep, if it is worrying you or making you or someone else feel unsafe it is not a good secret.



For example:

A friend told you they were talking to somebody online who they did not know and they had arranged to meet that person at the park. They told you to keep it a secret.

Should you?

Talking to people you do not know online is never a good idea and you should certainly never arrange to meet them. Your friend is probably keeping this a secret from parents as they would be very upset.

Meeting this person could put your friend in danger!

So what should you do?

If you ever feel uneasy about a secret you are asked to keep, you should share it with somebody you can trust, such as a parent, teacher or family member. They will be able to decide if this secret is ok to keep too.

For today's Task:

Make
somebody's day
special and
surprise them
with a lovely
card!





Remember if you are ever
keeping a secret that makes you
feel uncomfortable share it with
an adult you trust.
Never keep things to yourself if
it is worrying you!

