

New Responsibilities



Aim

- I can be responsible for making good choices to stay safe and healthy.

Success Criteria

- I can name some things I can now do independently.
- I can discuss my responsibilities.
- I can identify who is responsible for helping to keep me safe and healthy.

The Big Questions



How are we becoming more independent now we are growing older?

What new responsibilities do we have as we get older?



I Am Independent

What can you think of that you used to need more help with but that you can now do all by yourself? Let's go around the class and share ideas of things we do independently.

Does anyone know what being independent means?

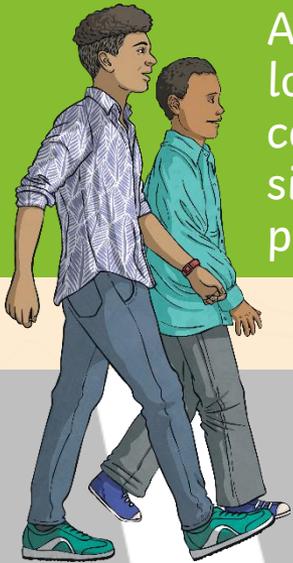


As we get older, we can do more and more things on our own – things we used to need a lot of help with.

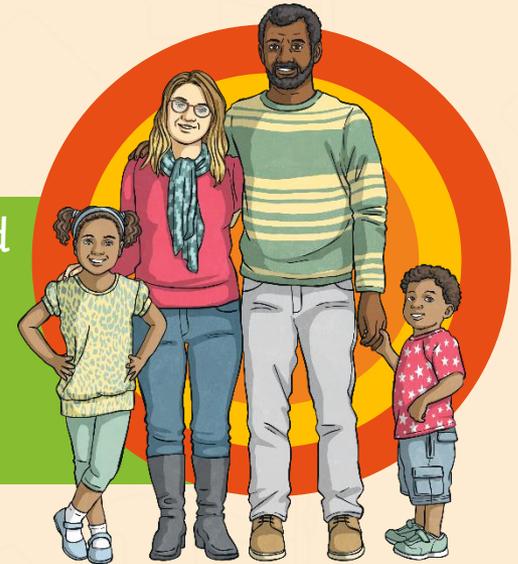
I Am Independent



Part of becoming more independent includes looking after ourselves and staying safe and healthy.



As babies and very young children, we need looking after all the time by our parents or carers. They make sure we are not in risky situations and that we are safe from potential dangers or hazards.



As we grow older, we learn about risks, dangers and hazards so that we can look out for them and take care of ourselves and others.

Different Responsibilities



Different people have different responsibilities.

Our responsibilities might depend on our family, our culture, our ability to do something, our age and our experience.

Have a think about whether their responsibilities are similar to yours or very different

Let's take a look at some children and their responsibilities.



Different Responsibilities



This is Fran. She has a condition called diabetes. Fran has to be careful that her sugar levels don't get too high.

When she goes on a school trip, Fran has to make sure she has a snack on the long coach journey.

She also has to make sure she gets up and takes her insulin injection at the right time if she sleeps over at a friend's house.

Fran has the responsibility to look after herself with the help of adults, like doctors and her parents, when she needs them.

Different Responsibilities

This is Elio. He lives with his dad and his gran. Elio's Dad works early morning shifts and has to leave at three o'clock in the morning.

Elio's gran is not very well so she can't really look after him. Every morning, Elio gets himself up and ready for school, makes breakfast for himself and his gran then walks to school on his own.

Sometimes, Elio meets one of his friends on the way. It isn't far but he does have to cross three roads.



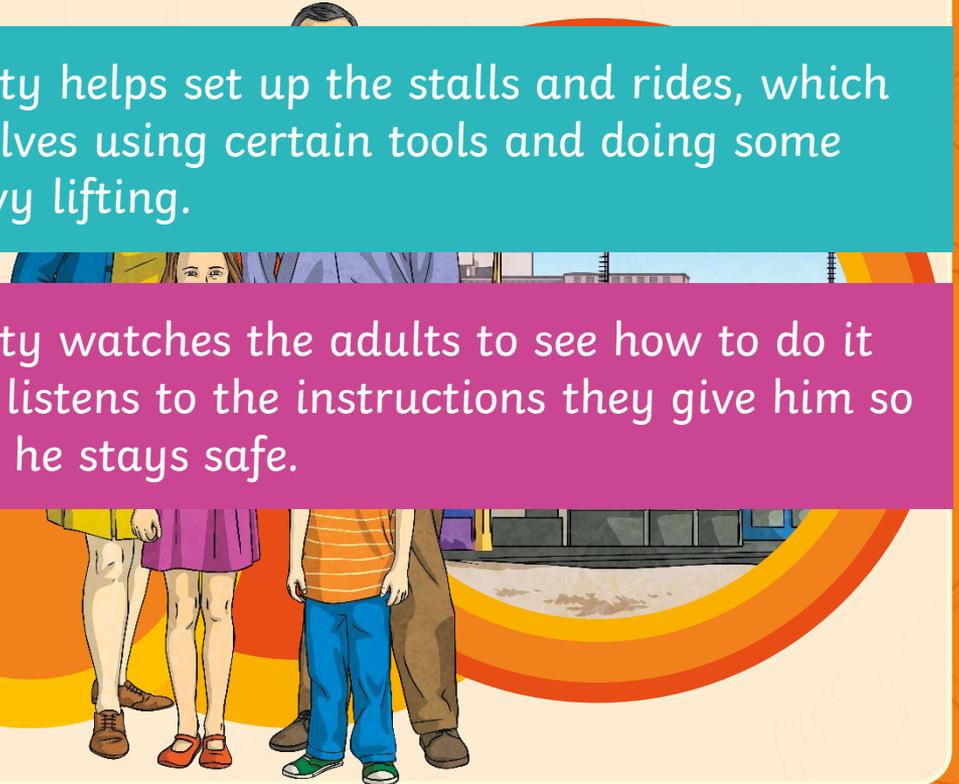
Different Responsibilities



This is Scotty. Scotty's family travel around quite a lot, as they set up funfairs in different towns.

Scotty helps set up the stalls and rides, which involves using certain tools and doing some heavy lifting.

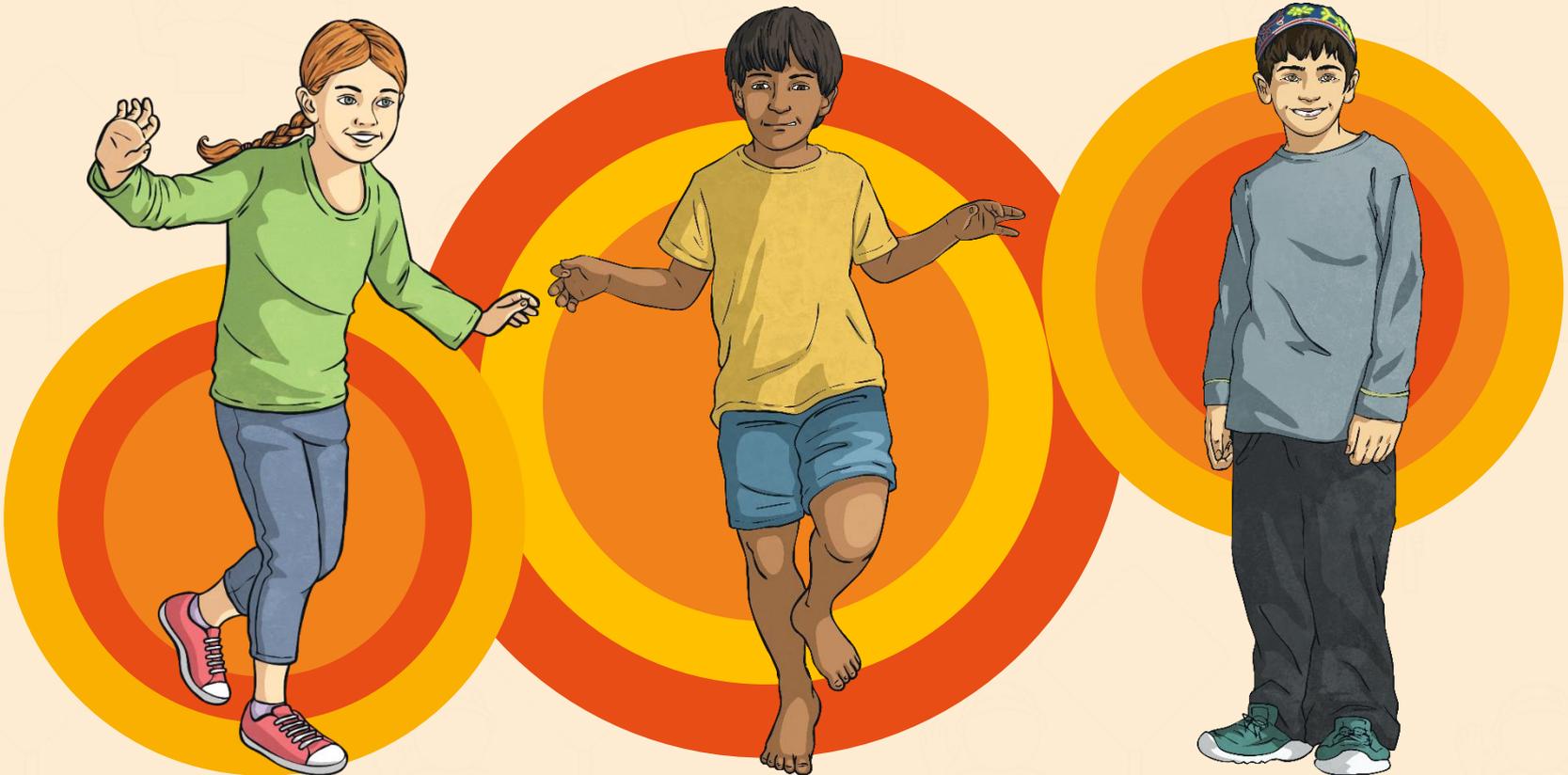
Scotty watches the adults to see how to do it and listens to the instructions they give him so that he stays safe.



Different Responsibilities



Some responsibilities might seem challenging at first but with experience and maturity, we get more confident and can look after ourselves and others.



Choices and Consequences



As we get older, we have the responsibility to make good choices.

Did you know that the choices and decisions we make can lead to certain consequences?

If we decide to do or not do something, then the outcome will be affected by that decision.

For example, if we choose to consume sweet, sugary food and drinks all the time, then we might find that the consequence of that choice is that we suffer with tooth decay.



Choices and Consequences



What do you think the consequences of these children's choices might be?



I'm going to play at the park with the older kids but I'm not telling my parents.

I'm going for a bike ride but I'm not wearing a helmet.



I have a headache so I'm going to get myself some medicine.

Acting Responsibly



What do you think acting responsibly means?

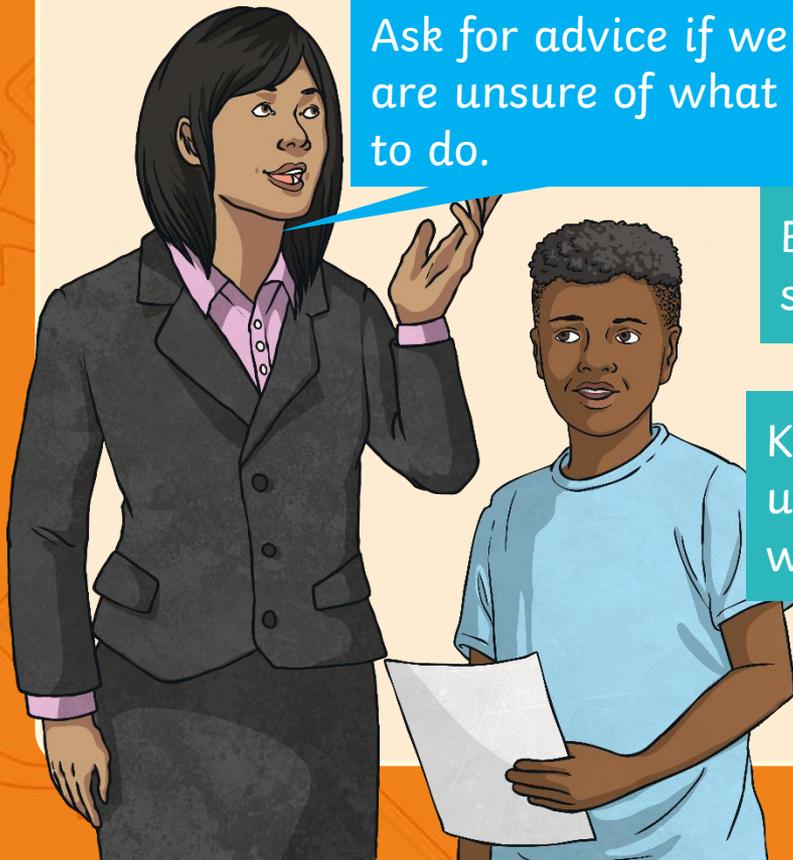
We can all choose to act responsibly. To act responsibly, there are a few important things we need to do.

Ask for advice if we are unsure of what to do.

Listen to and follow instructions.

Be aware of and stick to the rules.

Know who can help us and ask for help when we need it.



My Responsibility Tree

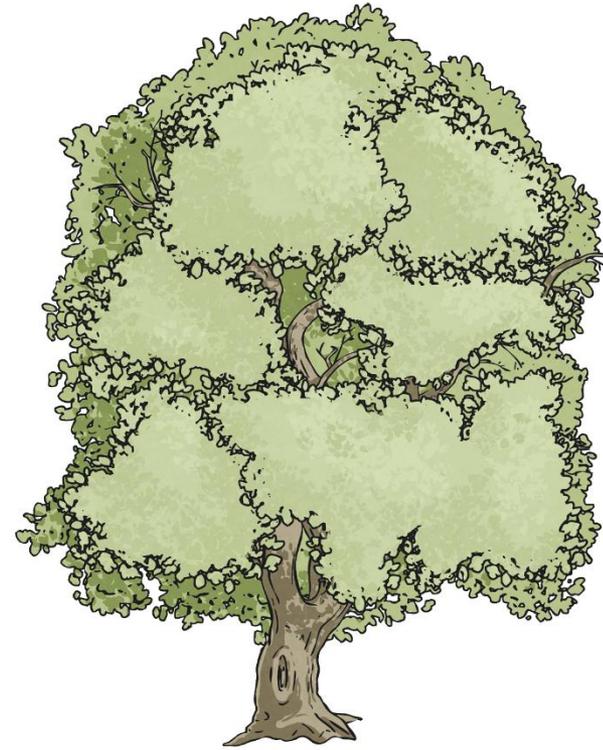


We all have different responsibilities in our lives. We can take responsibility for ourselves and we might have responsibilities for others as we get older.

On your Responsibility Tree, write down any responsibilities you have.

My Responsibility Tree

Think about the responsibilities you have to keep yourself safe and healthy. There are people around us who can help but as we grow older, we need to take more responsibility for ourselves. Write your responsibilities on the leaves of your tree.



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).



PSHE and Citizenship | Year 4 | Health and Wellbeing | Safety First | New Responsibilities | Lesson 1

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Looking Ahead

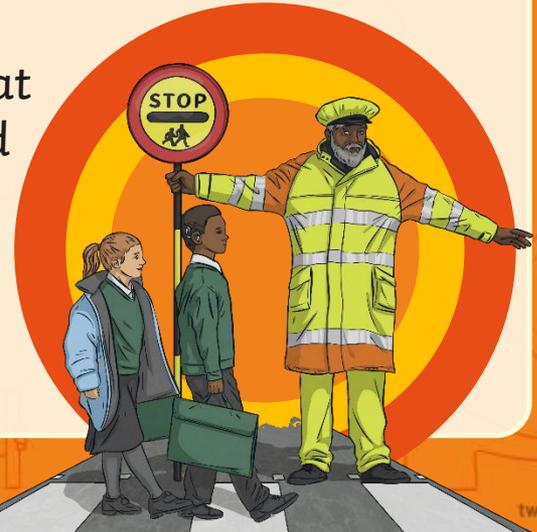
Some of you might not have many responsibilities right now. Some of you might already have quite a lot of responsibilities.



With your partner, think of three things you are likely to have responsibility for over the next few years.



These responsibilities could be at home or at school. They could be specific family or health responsibilities or everyday responsibilities that lots of people have.



The Big Questions



How are we becoming more independent now we are growing older?

What new responsibilities do we have as we get older?

What have you learnt today that will help you in everyday life?

