



PSHE Year 5 – Autumn term



Personal

We learn about our **feelings** and **emotions**, our **families**, our **behaviour** and its consequences.



Social

We learn about **healthy friendships**, how to work and play with others and what it means to be part of a **community**.



Health

Health – We learn about making **healthy choices** for both our **body** and **mind**. We learn about how to **be safe** at home, at school, in the wider world and **online**. We learn about how our **bodies change** as we grow.



Economic

Economic – We learn about different types of **jobs** and how to earn and look after our **money**.



Key vocabulary

- reconcile
- dispute
- peer
- approval
- influence
- racism
- lifestyle
- discrimination
- unjust
- prejudice
- trolling
- harassment
- compromise

Relationships

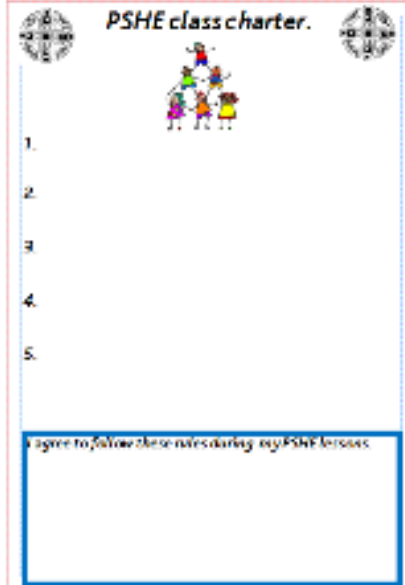
Families and friendship – Safe relationships – Respecting ourselves and others

Useful Books

- The Dot—Peter H Reynolds Little Mouse and the Red Wall—Britta Teckentrup
- Kindness—Jamie Thurston

Useful Websites

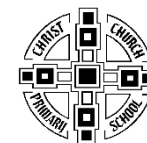
- BBC Teach <https://www.bbc.co.uk/teach> BBC Bitesize <https://www.bbc.co.uk/bitesize/clips/zqsjpv4>
- Childline <https://www.childline.org.uk/>
- NSPCC <https://www.nspcc.org.uk/keeping-children-safe/>
- Internet matters <https://www.internetmatters.org/>



We have all created our own class charters to use during our PSHE lessons.



Relationships Year 5



Families and friendships





Key Facts

- Good friends will be **respectful** to each other and **accept** them for who they are.
- It is important to help people feel **included** by:
 - **listening** to their views
 - allowing them to **speak**
- Sometimes in our friendships we will experience **challenges**.
- There are lots of **strategies** we can use to sort out our **differences** and **disputes**:
 - by discussion
 - compromise
- Our friendships may **change** over time and there are lots of **benefits** to having **new** and **different** types of friends.
- The **influence** of our peers can sometimes make us feel **under pressure** to do things.
- Sometimes people might feel like they have to do things to make their peers like them (**peer approval**). There are things we can do to avoid this.
- All relationships, including friendships, should make you feel **safe, healthy** and **happy**.
- If you do not feel like this you should always look for **support** and **advice** from people you **trust**.

Safe Relationships


Key Facts

- **Physical touch** can be acceptable, unacceptable, wanted or unwanted, in different situations.
- It is important to **speak out** if you do not give permission for physical contact. 
- It is never someone's **fault** if they have experienced unacceptable contact and it is important that everyone feels that they can ask for support.
- No one should ask you to keep a **secret** that makes you feel **uncomfortable**, or try to persuade you to keep a secret that you are **worried** about. 
- If you are concerned about **unwanted** physical contact, you must speak to a **trusted adults**.
- Remember the **PANTS** rules.
- Remember the **SMART** rules.



Respecting ourselves and each other.

Key Facts

- Everyone should be **treated fairly** and be given the same **opportunities**.
- We should treat everyone with **kindness**.
- It is important to listen and respond to a wide range of people, including those whose **traditions, beliefs** and **lifestyles** are different to your own.
- **Discrimination** is the unjust or prejudicial treatment of different types of people, because of their:
 - Race
 - Gender
 - Sex
 - disability
- Sometimes people can be discriminated against or bullied online—e.g. through **'trolling'** or **harassment**.
- Discrimination online can be **reported**.
- There are ways to safely **challenge** discrimination.