

Year 5 - PSHE

| Autumn 1  | Spring 1  | Summer 1  |
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| <p><b>Mental health and emotional wellbeing:<br/>Dealing with feelings</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about a wide range of emotions and feelings and how these are experienced in the body</li> <li>• about times of change and how this can make people feel</li> </ul> <p>about the feelings associated with loss, grief and bereavement</p>               | <p><b>Keeping safe and managing risk:<br/>When things go wrong</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about keeping safe online</li> <li>• that violence within relationships is not acceptable</li> <li>• about problems that can occur when someone goes missing from home</li> </ul>   | <p><b>Drug, alcohol and tobacco education: Different influences</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis</li> <li>• about different influences on drug use – alcohol, tobacco and nicotine products</li> <li>• strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol</li> </ul>   |
| Autumn 2  | Spring 2  | Summer 2  |
| <p><b>Identity, society and equality:<br/>Stereotypes, discrimination and prejudice (including tackling homophobia)</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about stereotyping, including gender stereotyping</li> <li>• workshop from Diversity Role Models or Equaliteach</li> <li>• about prejudice and discrimination and how this can make people feel</li> </ul> | <p><b>Health, relationships and sex education<br/>Puberty and gender stereotypes</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about the changes that occur during puberty</li> <li>• about menstruation and wet dreams</li> <li>• to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact</li> <li>• about roles and responsibilities of carers and parents</li> </ul> | <p><b>Physical health and wellbeing:<br/>In the media</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• that messages given on food adverts can be misleading</li> <li>• about role models</li> <li>• about how the media can manipulate images and that these images may not reflect reality</li> </ul> <p><b>Careers, financial capability and economic wellbeing: Borrowing and earning money</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• that money can be borrowed but there are risks associated with this</li> <li>• about enterprise</li> </ul> |

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|  |  | <ul style="list-style-type: none"><li>• what influences people's decisions about careers</li></ul> |
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