

Year 5 PSHE Medium Term Plan - Autumn



Theme: Relationships

Sub-themes:

Families and friendships

Safe relationships

Respecting ourselves and others

Core Substantive Knowledge	Key Vocabulary	Key Questions
Families and Friendships: Healthy friendships, Peer pressure and Getting Help Children learn: - Understanding qualities of healthy friendships - Strategies to help others feel included and how peer influence can impact thoughts, feelings, and behaviours - How to manage peer pressure - To recognise friendship challenges - Changing friendships - Identifying signs of unhealthy friendships and knowing when and how to seek help.	Friendship, change, conflict, resolution, empathy, boundaries, secret, trust, honesty, safety, loyalty, pressure, confidence, kindness, inclusion, communication, respect, trust, boundaries, control, support, assertive, privacy, identity	- Why and how do friendships change? - When is it okay to keep a secret? - How can we make new friendships confidently? - What makes a friendship healthy or unhealthy? - How can we stay safe in online friendships?
Safe Relationships: Secrets, Pressure, and Physical contact Children learn: - To identify what physical touch is acceptable, unacceptable, wanted or unwanted in different situations - How to ask for, give and not give permission for physical contact - How it feels in a person's mind and body when they are uncomfortable - That it is never someone's fault if they have experienced unacceptable contact - How to respond to unwanted or unacceptable physical contact - How to speak up about unsafe secrets or unwanted physical contact	Consent, permission, respect, boundaries, choice, body autonomy, boundaries, comfort, personal space, assertiveness, touch, safe, unsafe, private, trusted adult	- Why is it important to give and get permission? - How can we respect our own and others' boundaries? - How can we recognise safe and unsafe touch?
Respecting Ourselves and Others: Discrimination and Society Children learn: - To recognise that everyone should be treated equally - Why it is important to listen and respond respectfully to a wide range of people	Belonging, identity, community, inclusion, respect, acceptance, discrimination, racism, sexism, homophobia, equality, cyberbullying, online, bystander,	- What does it mean to feel like we belong? - How does discrimination affect people and communities?

• What discrimination means and different types of discrimination e.g. racism, sexism, homophobia • To identify online bullying and discrimination of groups or individuals • The impact of discrimination on individuals, groups and wider society • How to safely challenge discrimination • How to report discrimination online	report, kindness, humour, hate, intent, impact, empathy, responsibility	• What can we do if bullying happens online? • When does a joke become harmful online?
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