

Year 5: PSHE autumn term

Themes: Families and Relationships, Safe relationships and Respecting ourselves and others

Throughout the term, children will learn:

What makes a healthy relationship and how they make people feel included.
About peer influence and how it can make people feel or behave.
Strategies to manage peer influence and the need for peer approval, e.g. exit strategies, assertive communication.

That it is common for friendships to experience challenges.
How to recognise if a friendship is making them feel unsafe, worried or uncomfortable.

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.
How to respond to unwanted or unacceptable physical contact.

To recognise that everyone should be treated equally.
Why it is important to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own.

Key vocabulary:

Relationship: the connection between people.
Peers: a person of the same, or similar, age group.
Challenges: an interesting or difficult problem or task.

Unacceptable: something not approved of because it does not meet certain standards or expectations.

Physical contact: touching the body.

Equality: the condition, fact or quality of being equal to another.

Traditions: the handing down of a culture's beliefs and customs from parents to children over many years.

Beliefs: someone's opinions.

No Outsiders curriculum books for the autumn term



Where the poppies now grow

To learn from our past.



Rose Blanche

To justify my actions.

