

# PSHE Y5 CURRICULUM

Y5 - PSHE		
Autumn 1	Spring 1	Summer 1
<p>The caring school and Bullying, pressure and risks</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> <li>• What makes a friendship healthy?</li> <li>• how to get support if a friendship breaks down</li> <li>• What is respect – how do you show it?</li> <li>• What is a bully?</li> <li>• What is bullying? (include cyberbullying)</li> </ul>	<p>Healthy lifestyles</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> <li>• The uses of the internet?</li> <li>• About how the media including social media, reality tv and advertising can manipulate images and these images may not reflect reality.</li> <li>• About keeping safe online</li> </ul>	<p>Growing up – Relationships and responsibilities of puberty</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> <li>• How puberty affects emotions and behaviour.</li> <li>• About times of change and how this can make people feel</li> <li>• About the way we grow and change throughout the human lifecycle</li> <li>• About the physical changes of puberty</li> <li>• About menstruation and wet dreams</li> </ul>
Autumn 2	Spring 2	Summer 2
<p>Me and my relationships</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> <li>• How to cope with strong feelings</li> <li>• How to make relationships grow and last</li> <li>• What the characteristics of a healthy family are.</li> <li>• How to cope with loss and separation</li> </ul>	<p>Healthy lifestyles</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> <li>• How to value themselves and others</li> <li>• About their support network and who that includes</li> <li>• About good emotional health and well-being and what this looks like</li> <li>• How to change home routines to promote health and wellbeing? Consider online/device usage.</li> </ul>	<p>The world of drugs</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> <li>• What it means to be addicted or dependent.</li> <li>• About the risks associated with alcohol.</li> <li>• Strategies to resist pressure from others about whether to use drugs - alcohol</li> </ul>