

Being Me in My World (Autumn 1)

- Planning the forthcoming year
- Being a citizen
- Rights and responsibilities
- Rewards and consequences
- How behaviour affects groups
- Democracy, having a choice, participating

Celebrating Difference (Autumn 2)

- Cultural differences and how they can cause conflict
- Racism
- Rumours and name calling
- Types of bullying
- Material wealth and happiness
- Enjoying and respecting other cultures

Dreams and Goals (Spring 1)

- Future dreams
- The importance of money, jobs and careers
- Dream job and how to get there
- Goals in different cultures
- Supporting others (charity)
- Motivation

Year 5

PSHE/RSE

Changing Me

- Self- and body image
- Influence of online and media on body image
- Puberty for girls
- Puberty for boys
- Conception
- Growing responsibility
- Coping with change
- Preparing for transition

Healthy Me (Spring 2)

- Smoking, including vaping
- Alcohol/ Alcohol and antisocial behaviour
- Emergency aid
- Body image
- Relationships with food
- Healthy choices

Relationships (Summer 1)

- Self-recognition and self-worth
- Building self esteem
- Safer online communities
- Rights and responsibilities online
- Online gaming and gambling
- Reducing screen time
- Dangers of online grooming
- SMART Internet Safety rules

