



PSHCE

Year 5

Term 1

Theme: Families, Friends and People who care for me

Core Learning Behaviour: Be Responsible and Persevere

Safeguarding Alerts: (add individual children's initials where applicable) - 'MM'

Be aware of:

- Disclosures of online communications in lesson 5

Mental Health and Wellbeing:

Pupils should know...

- Simple self-care techniques, including the importance of rest, time spent with friends and families and the benefits of hobbies and interests
- Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support
- Where and how to seek support
- That there is a normal range of emotions and a scale of emotions that all humans experience in relation to different experiences and situations
- How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings

Knowledge:

- what makes a healthy friendship and how they make people feel included
- strategies to help someone feel included
- about peer influence and how it can make people feel or behave
- the impact of the need for peer approval in different situations, including online
- 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
- strategies to positively resolve disputes and reconcile differences in friendships
- that friendships can change over time and the benefits of having new and different types of friends
- how to recognise if a friendship is making them feel unsafe, worried, or uncomfortable
- when and how to seek support in relation to friendships

Skills:

- recognise when behaviour and language is inclusive or discriminatory and describes the associated feelings
- identifies ways to challenge discrimination and get help and support
- compares the benefits and issues around peer influence and how can it make people behave
- develops strategies for positively resolving disputes and reconciling differences in friendships benefits
- understands how friendships can change over time
- recognises when an online relationship makes them feel unsafe, worried or uncomfortable and knows some strategies for what to do to stay safe in this type of situation

Prior Learning:

Y2 T1 - chn learnt about conflict resolution and feeling included and excluded.
 Y3 T1 - chn learnt about respecting diversity and relationship values.
 Y4 T1 - cause and effect of actions, differences between on and offline relationships, relationship webs

Vocabulary:

Inclusion, anti/discrimination, dispute, negotiate, compromise, trust, loyalty, anger, betrayal, empathy, personal information, safe, choice, vulnerable, communicate, pressure, risk, harm, personal values, peer influence

Cross Curricular Links:

PE - team games - working cooperatively with others
 RE - self respect and respect towards others

Oracy:

Children will be provided with sentence stems to support discussions.
 Trio groups: children will use 'true or false' statement cards to support children's learning on what makes a good friend.

Wider Reading

Voices in the park by Anthony Browne
 The Sandwich Swap by Her Majesty Queen Rania Al-Abdullah and Kelly DiPucchio
 Sticks and Stones by Beth Ferry

Enrichment

Transition activities
 Internet safety lesson