



**PSHCE**

**Year: 5**

**Term 2**

**Theme: Respectful Relationships on and offline**

**Core Learning Behaviour: Be Responsible & Persevere**

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

Be aware of:

- Children may make links to unkind (abusive) behaviour experienced at home, school or online and disclose this information

**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 (e.g. happiness, sadness, anger, fear, surprise, nervousness) and 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
- how to judge whether what they are feeling and how they are behaving is appropriate and proportionate

**Knowledge:**

**Respectful Relationships**

- that everyone should be treated equally
- there are valuable reasons 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 what discrimination means and different types of discrimination e.g. racism, sexism, homophobia
- there are ways of identifying online bullying and discrimination of groups or individuals e.g. trolling and harassment
- that discrimination can negatively impact on individuals, groups and wider society
- there are ways to safely challenge discrimination
- discrimination online must be reported

**Skills:**

**Respectful Relationships**

- talk about how everyone should be treated equally
- Give reasons 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 what discrimination means and different types of discrimination e.g. racism, sexism, homophobia
- Recognise and identify online bullying and discrimination of groups or individuals e.g. trolling and harassment
- Discuss how discrimination can negatively impact on individuals, groups and wider society
- Share ways to safely challenge discrimination
- Identify how to report discrimination online

**Prior Learning:**

- Rec - 4 Term 1 know what being a good friend means, know how to make friends and include others, know what causes arguments and that we can take positive steps to resolve them, know when and how to ask for help
- Rec- Y3 Term 2 - all

**Vocabulary:**

- Direct/indirect bullying, culture, racism, rumour-spreading, name-calling, conflict, sexism, trolling, harassment,

**Cross Curricular Links:**

PE - team games

Computing - online relationships, internet safety

RE - self respect and respect towards others

**Oracy:**

Group discussions including trio, onion

Provide sentence stems for responses and encourage all to respond.

Work in pairs to encourage all children to participate and to promote active listening.

**Wider Reading**

**Enrichment**

Anti-Bullying Week  
Internet Safety Day  
World Kindness Day