

# Personal, Social Health and Relationships Education in Year 5

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme	What makes a community?	What makes us enterprising?	What does discrimination mean?	What choices help health?	How can we be safe online and using social media?	How do we grow and change?
Context	What it means to be in a community; groups and individuals that support the local community; voluntary, community and pressure groups; appreciating the range of identities in the UK; values and customs of people living around the world	Different ways of achieving and celebrating personal goals; high aspirations; growth mind-set; setting up an enterprise; what enterprise means for work and society	Actions can affect self and others; discrimination, teasing and bullying; stereotypes; differences and similarities between people; equalities	What makes a balanced lifestyle; making choices; what is meant by a habit; drugs common to everyday life; who helps them stay healthy and safe	Keeping safe and well using a mobile phone; strategies for managing personal safety online; managing requests for images; personal boundaries;	Changes that happen at puberty; keeping good hygiene; different types of relationships; what makes a healthy relationship (friendship); maintaining positive relationships; who is responsible for their health and wellbeing; to ask for advice.
Relationships Education	What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)		How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed	How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed	That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous	