



Relationships

PSHE
Year 5

Overview

Our year five children will learn about healthy relationships and friendships they hold with different people in their lives and how these can change over time due to different circumstances. The children will learn friends come in different shapes and sizes and that having different types of friends is fine. We will talk about peer pressure and respecting our own and others' personal boundaries and privacy. We will talk about listening and responding to others who beliefs differ from our own and how to show self-respect.



Topic Vocabulary

diversity – being diverse

empower – making someone feel good about themselves

peer pressure – influence from members of one's friendship group to do something

self-esteem – confidence in one's own worth or abilities

self-respect – pride or confidence in oneself

Knowledge & Understanding

In this unit, children will:

- Understand that healthy relationships make people feel included; - - Acknowledge that friendships change over time and making new friends; understand the benefit of have different types of friends
- Understand privacy and personal boundaries
- Recognise pressure from others to do something unsafe
- Recognise the importance of self respect and how this affects thoughts and feelings about themselves
- Listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own.

Outcomes and Life Skills

In this unit, children will:

- Understand what it means to feel included and what to do to include others.
- Realise that friendships change and develop over time, new people may enter your life and others may leave and that is ok
- Understand that being pressured to do something that you don't want to do is not ok
- Know that how they feel and think about themselves can have a huge impact upon how they behave
- Respect all other people no matter what their beliefs are.

Home – school link project

During this topic, pupils can choose to:

- Create an anti-bullying leaflet about seeking support or
- Create a friendship web about their friendship group

Christ Church Values

compassion – sympathetic pity and concern for others

cooperation – working together to the same end

forgiveness - forgiving someone for something that has hurt you or another

friendship – the state of being friends

honesty – being honest

hope - a feeling of expectation and desire for something to happen.

love – an intense feeling

peace – freedom of worry

thankfulness – a feeling or showing of appreciation

trust – a firm belief in something, truth or someone