

# PSHE Curriculum Year Five



Year Five		
Relationships		
How do we include our friends?	How can we keep ourselves safe?	How can we show respect?
<p><b>Peer pressure</b> – doing something because peers around you are doing it and encouraging you to do the same.</p> <p><b>Assertive</b> – being confident when communicating</p>	<p><b>Physical contact</b> – person-person touching</p> <p><b>Consent</b>- saying yes to something</p>	<p><b>Respect</b>- treating someone in a way that makes them feel cared for and important</p> <p><b>Discrimination</b> – treating a person or people unfairly based on their characteristics</p> <p><b>Harassment</b> – constant abuse of a person</p> <p><b>Protected characteristics</b>-It is against the law to discriminate against anyone because of: age, disability, gender, pregnancy and maternity, race, religion or belief, sex, sexual orientation</p>
<ul style="list-style-type: none"> <li>A healthy friendship includes mutual respect, trust and shared interests</li> <li>Peer influence is doing something because peers around you are doing it and encouraging you to do the same.</li> <li>Managing peer influence includes exit strategies and being assertive when communicating.</li> <li>All friendships can experience challenges.</li> <li>Friendships can change over time, e.g. making new friends, friends moving away</li> <li>We can positively resolve disputes and reconcile differences in friendships by listening to each other, being calm, compromising and being respectful.</li> <li>If anyone feels unsafe in a friendship, is worried or uncomfortable, they can seek help from parents, family members, teachers and other trusted adults.</li> </ul>	<ul style="list-style-type: none"> <li>A form of acceptable touch is hugging and holding hands</li> <li>A form of unacceptable touch is being touched somewhere you are uncomfortable or in your private areas</li> <li>PANTS acronym: P – privates are private A-always remember your body belongs to you N- no means no T-talk about secrets that upset or worry you S- speak up and to a trusted adult</li> <li>I can say yes or no when someone has asked me to give or receive physical contact</li> <li>It is never someone's fault if they have experienced unacceptable contact</li> <li>It is never acceptable to be asked to keep a secret when we feel uncomfortable</li> <li>We can never be pressured or persuaded to keep secrets from others that make us worried or uncomfortable</li> <li>If it doesn't feel right, it isn't right</li> <li>I know that I can speak to a trusted adult about unwanted physical contact</li> </ul>	<ul style="list-style-type: none"> <li>Everyone has the right to be treated equally</li> <li>It is important to respect people with different traditions, lifestyles and beliefs</li> <li>Discrimination is treating a person or people unfairly based on their characteristics (gender, sexuality, race, religion, disability)</li> <li>Different types of discrimination include racism, sexism, homophobia and ageism</li> <li>Discrimination can be in person and online</li> <li>Harassment means abusive ways of treating others over time</li> <li>Discrimination can cause people to be bullied, feel sad, frustrated and have low self-esteem</li> <li>Acts of discrimination can be reported to a trusted adult and childline</li> </ul>
Living in the Wider World		
What are my interests and aspirations?	How can we stay safe online?	How can we show compassion in our community?
<p><b>Ambition</b> – a strong desire to want to achieve something.</p> <p><b>Diversity</b> – embracing differences and including everybody.</p> <p><b>Inclusion</b> – everyone has the right to be treated equally and be included.</p> <p><b>Stereotype</b> – unfair and untrue belief that many people have about all people or things with a particular characteristic</p>	<p><b>Bias</b>- preferring or disliking someone or something more than someone or something else</p> <p><b>Fake news</b>- news that is made up</p> <p><b>Stereotypes</b>- unfair and untrue belief that many people have about all people or things with a particular characteristic</p> <p><b>Trusted website</b>- a website you can trust</p>	<p><b>Tax</b>- a compulsory charge on wages and spending</p> <p><b>Fairtrade</b>-where fair prices are paid to producers</p> <p><b>Compassion</b>- showing concern</p> <p><b>Ethical spending</b>- spending money in a way that lessens your negative impact on the environment or community</p>
<ul style="list-style-type: none"> <li>Ambition plays an important role in achieving a future career as achieving a job takes hard work, determination and patience.</li> <li>People may be influenced on their choice of job because of pay, working conditions, interests and strengths.</li> <li>Diversity and inclusion make sure that everyone is given equal opportunities and treated with respect in the workplace.</li> <li>Stereotyping in the workplace can make people feel uncomfortable, singled out and unequal.</li> <li>We can challenge stereotyping in the workplace by treating everyone equally and speaking out when we see this happening.</li> <li>There are different routes of getting a job such as college, university, apprenticeships and training</li> </ul>	<ul style="list-style-type: none"> <li>Different types of media has different purposes: to entertain, inform or persuade</li> <li>Some media and online content can promote stereotypes</li> <li>Devices and websites can store and share your information</li> <li>Real news has facts and comes from trusted sources</li> <li>Fake news is based on opinions and is usually shocking or unbelievable</li> <li>Search results from trusted websites are more reliable</li> </ul>	<ul style="list-style-type: none"> <li>Tax is collected when you get paid a wage or when you buy a service or product</li> <li>The government decide how to spend the budget which provides services in communities</li> <li>The amount of money spent will have an effect on the quality and impact of the service</li> <li>It is our job to protect the environment</li> <li>Your everyday decisions and actions affect the environment</li> <li>How you spend money affects the environment</li> <li>We show compassion towards animals by looking after them</li> <li>We show compassion towards our environment by looking after it</li> </ul>
Health and Wellbeing		
How can we keep ourselves and others safe?	How can we keep healthy?	How are we unique?
<p><b>FGM</b>- Female Genital Mutilation</p> <p><b>Hazard</b>- a situation that might cause injury or damage</p>	<p><b>Heat stroke</b>- when your body gets too hot</p> <p><b>Sunburn</b>- skin becoming red and sore from too much sun exposure</p> <p><b>Virus</b>- a tiny germ</p> <p><b>Disease</b>- an illness</p>	<p><b>Race</b>- a grouping of humans with shared physical or behavioural differences</p> <p><b>Gender</b>- social characteristics of men and women</p> <p><b>Sex</b>- male or female depending on their reproductive organs</p> <p><b>Faith</b>- belief in a religion</p> <p><b>Culture</b>- the ideas, customs and behaviours in groups of people</p> <p><b>Diversity</b>- many ways people are different to each other</p> <p><b>Discrimination</b>- treating someone differently because of who they are</p> <p><b>Stereotype</b>- a belief held by people about specific people/groups of people</p>
<ul style="list-style-type: none"> <li>Basic first aid techniques (taught by first aid specialists)</li> <li>Female genital mutilation is against British law</li> <li>If someone is at risk of FGM (myself or others) I must tell a trusted adult immediately</li> <li>You ring 999 on any phone in an emergency</li> <li>A situation is unsafe is someone is a risk of being hurt</li> <li>My safety is my responsibility</li> <li>Taking risks can be positive but behaving dangerously is not</li> </ul>	<ul style="list-style-type: none"> <li>Our bodies need sunlight to make vitamin D which keeps our bones, teeth and muscles healthy</li> <li>Sunlight can damage the skin</li> <li>Sun cream can help protect the skin from the sun's rays</li> <li>Sleep is important for keeping healthy because it helps our brains and bodies rest and recharge</li> <li>Healthy bedtime habits will help me sleep better</li> <li>Bacteria and viruses make you ill</li> <li>Washing your hands is key to prevent spreading viruses and bacteria</li> <li>Some diseases can be prevented with vaccinations</li> </ul>	<ul style="list-style-type: none"> <li>My race, gender, sex, faith and culture make me who I am</li> <li>It is important to be myself and express my individuality</li> <li>Exercise, friends and hobbies can boost my emotional wellbeing</li> </ul>