

PSHE	Relationship Education	Year 5	Autumn 1
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Key Knowledge

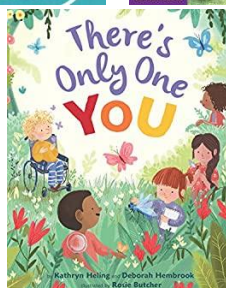
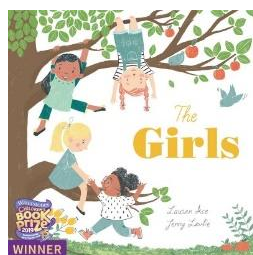
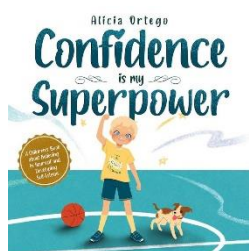
Forming positive relationships	<ul style="list-style-type: none"> • The qualities of a good friend • Ways of showing ‘true’ friendship • Warning signs of problems in friendships
Friendship struggles and peer pressure	<ul style="list-style-type: none"> • How friendships often involve compromise but also that sometimes we have to put ourselves first • What peer pressure means • How to resist peer pressure both online and offline
Self-respect and identity	<ul style="list-style-type: none"> • What self-respect is • The difference between pride and arrogance • How pride and self-respect is linked to happiness • That people take on many different roles in their lives • That a person’s identity is made up from many different influences
Respecting differences	<ul style="list-style-type: none"> • The importance and benefits of living in a diverse society • How migration has helped the UK become diverse
E-Safety	<ul style="list-style-type: none"> • Strategies to respond to and report hurtful behaviour experienced or witnessed online • How personal behaviour can affect other people.

Statutory requirements

- The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity and trust
- How to judge when a friendship is making them feel unhappy or uncomfortable and how to seek help or advice from others, if needed.
- The importance of self-respect and how this links to their own happiness.
- The importance of respecting others, even when they are very different from them, or make different choices or have different preferences or beliefs.
- The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.

Key vocabulary

Spelling	Definition
Compromise	To settle something by agreeing that each side will change or give up something
Peer Pressure	A feeling that you have to do something because people around you expect or want you to do it
Pride	Having a feeling of being good and worth
Self-Respect	Feeling good about who you are, the types of choices you make, and the impact you have on others
Identity	The set of qualities and beliefs that make one person or group different from other
Influences	Something that affects change in an indirect but important way.
Migration	any movement of people, either temporary or permanent, from one place to another



Books

Alicia Ortego	Confidence is my superpower
Lauren Ace	The girls
Kathryn Helling & Deborah Hembrook	There's only one you