

## Year 5 - Me and My Relationships

### Key questions

#### Feelings

- What are emotional needs?
- Do we have the same emotional needs?
- Do emotional needs stay the same?
- Why are emotional needs important?

#### Friendship Skills, Including Compromise

- What qualities make a good friend? Why?
- How does a good friend show these qualities?
- Do these qualities make a difference in friendships? How?

#### Assertive Skills

- How can someone stand up for themselves?
- When would someone use their assertiveness skills?
- Is assertiveness the best way to react to pressure? Why?

### Key vocabulary

collaborate aggressive  
resolution conflict pressure  
emotional needs passive  
assertiveness negotiation  
unsafe compromise  
body language respect  
uncomfortable touching qualities  
unhealthy relationship

### I can ...

I can give a range of examples of our emotional needs and explain why they are important.

I can explain why these qualities are important.

I can give a few examples of how to stand up for myself (be assertive) and say when I might need to use assertiveness skills.

## Year 5 - Valuing Difference

### Key questions

#### **Recognising and Celebrating Difference, Including Religions and Cultural**

Is having different groups  
something to celebrate? Why?

Why can religious and cultural  
differences cause conflict?

Can differences in faiths and  
cultures be positive? Why?

#### **Influence and Pressure of Social Media**

Does a person's online posts  
about themselves reflect their life?

Why would someone want to  
create a false impression when  
they post online?

Is it healthy or harmful to post  
something online that is not the full  
truth? Why?

### Key vocabulary

multicultural society   compare  
point of view   stereotype  
discrimination   diverse   racism  
false impression   respect  
prejudice   similarities   excluded  
conflict   celebrate   religious  
social media   cultural   tolerance  
acceptance

### I can ...

I can give examples of different  
faiths and cultures and positive  
things about having these  
differences.

I can explain how people  
sometimes aim to create an  
impression of themselves in what  
they post online that is not real  
and what might make them do  
this.

## Year 5 - Keeping Safe

### Key questions

#### **Managing Risk, Including Staying Safe Online**

What risky situations can happen online?

What can someone do to make the situation less risky?

What can influence a person to take risks online?

Does everyone have a choice whether to take risks online?

#### **Norms Around Use of Legal Drugs (Tobacco, Alcohol)**

Do lots of young people choose to smoke?

Why do some people think that lots of young people smoke?

Can knowing the true percentage (3%) influence people's choice about smoking? How?

### Key vocabulary

habit cigarettes drugs  
pressure alcohol vapes  
weigh up risk influence  
privacy settings assertive  
cyberbullying decision  
social norms assessing risk  
e-cigarettes

### I can ...

I can give examples of things that might influence a person to take risks online. I can explain that I have a choice.

I can say the percentage of people aged 11-15 years old that smoke in the UK (3%) and I can give reasons why some people think it's a lot more than this.

## Year 5 - Rights and Respect

### Key questions

#### **Rights and Responsibilities**

Are rights and responsibilities the same?

Do rights and responsibilities change as someone gets older? How?

What rights and responsibilities do we have to the community and the environment?

#### **Rights and Responsibilities Relating to My Health**

How is someone responsible for their own health?

Why do some people find it hard to stick to their responsibilities for keeping healthy?

What might help someone restart being responsible for keeping healthy?

#### **Decisions About Lending, Borrowing and Spending**

What things are needed by people in the community?

What services do local councils provide?

Do councils choose how much money they give to the services they provide?

How might a council's spending choices affect different groups in the community?

### Key vocabulary

councillors environment interest  
rights responsibility debit  
costs borrow credit  
health community group  
public services loan council  
exercise vote duties  
sustainable elections

### I can ...

I can give examples of some of the rights and related responsibilities I have as I grow older, at home and school. I can also give real examples of each that relate to me.

I can give a few different examples of things that I am responsible for to keep myself healthy.

I can explain that local councils have to make decisions about how money is spent on things we need in the community. I can also give an examples of some of the things they have to allocate money for.

## Year 5 - Being My Best

### Key questions

#### **Growing Independence and Taking Responsibility**

How does someone become more independent as they grow older?

What responsibilities do teenagers have?

Does having more independence mean having more responsibility?

Why?

#### **Media Awareness and Safety**

Are media images of celebrities true? How can media images of celebrities make someone feel? What non-physical qualities make people attractive? Why?

### Key vocabulary

perseverance   media-influence  
kindness   celebrities  
independence   patience  
resilience   consideration  
confidence  
personal qualities

### I can ...

I can give an example of when I have had increased independence and how that has also helped me to show responsibility.

I can name several qualities that make people attractive that are nothing to do with how they look, but about how they behave.

## Year 5 - Growing and Changing

### Key questions

#### Managing Difficult Feelings

Why do people have good and not so good feelings?

Is resilience the same as confidence?

Can someone develop confidence or resilience? How?

Does having resilience help people with their feelings?

#### Managing Change

What different changes can someone experience?

Does change cause strong emotions?

Does preparing for change help?

How might preparing for change help someone to cope with it? What might help someone cope with these strong emotions?

#### Getting Help

Does the body feel differently when someone may need help?

When might someone need help?

What advice would you give to someone who needs to get help?

What makes someone a trusted adult?

### Key vocabulary

respect wellbeing trust  
hormones mood swings  
confidential confidence  
resilience puberty crush  
embarrassed menstruation  
unwanted attention separation  
unwanted touch period products

### I can ...

I can explain what resilience is and how it can be developed.

I can list ways that I can prepare for changes (e.g. to get the facts, talk to someone).

I am able to identify when I need help and can identify trusted adults in my life who can help me.