

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.

Year 6 - Me and My Relationships

Key questions

Assertiveness

- What do bystanders do when someone is being bullied?
- What is the difference between an active and a passive bystander?
- Can passive bystanders affect a bullying situation? How?
- Can active bystanders affect a bullying situation? How?

Cooperation

- What is compromise?
- What is negotiation?
- How can negotiation and compromise skills help someone?

Safe/Unsafe Touches

- What is appropriate touch?
- What is inappropriate touch?
- What types of touch are illegal (against the law)?
- If someone experiences inappropriate or illegal touch, how can they get help?

Key vocabulary

assertiveness appropriate
sensitive collaboration respectful
response appropriate culture
inappropriate religion bullied
compromise illegal active
forced marriage negotiation
community bystanders passive
civil partnership

I can ...

- I can explain bystander behaviour by giving examples of what bystanders do when someone is being bullied.
- I can give examples of negotiation and compromise.
- I can explain what inappropriate touch is and give example.

Year 6 - Valuing Difference

Key questions

Recognising and Reflecting On Prejudice-Based Behaviour

What is prejudice?

Why do some people show
prejudiced behaviour?

What is empathy?

Can empathy help people to be
more understanding of those who
are different? How?

Understanding Bystander Behaviour

How can a bystander's behaviour
affect a bullying situation?

When would it be unsafe to be an
active bystander?

When would it be safe to be an
active bystander?

Key vocabulary

disrespect bystander
self-esteem diversity prejudice
identity empathy stereotype
tolerance assumption
media influence situation
gender stereotype community

I can ...

I can reflect on and give reasons
for why some people show
prejudiced behaviour and
sometimes bully for this reason.

I can explain the difference
between a passive bystander and
an active bystander and give an
example of how active bystanders
can help in bullying situations.

Year 6 - Keeping Safe

Key questions

Emotional Needs

Are emotional needs equally important as physical needs?

Why? What might happen if someone's emotional needs are not met?

Staying Safe Online

Can having a mobile phone be both negative and positive? How? How can someone keep themselves safe when using a mobile phone? Why is there a law about sharing inappropriate images on mobile phones?

Drugs: Norms and Risks (Including the Law)

Is young people's use of alcohol increasing or decreasing?

Will knowing the norms about young people and alcohol, help someone choose not to take part in risky behaviour? Why?

Key vocabulary

online safety legal privacy
sharing online emotional needs
inappropriate physical needs
age restrictions possess
parental consent permission
social media alcohol medical
supply non-medical produce
personal information

I can ...

I can explain why emotional needs are as important as physical needs and what might happen if a person doesn't get their emotional needs met.

I can explain some ways of making sure that I keep myself safe when using a mobile phone, including safety around sharing personal information or images, and that there are laws relating to this.

I can explain why some people believe that more young people drink alcohol than actually do (misperceive the norm).

Year 6 - Rights and Respect

Key questions

Understanding Media Bias, Including Social Media

Does someone's social media profile give a true view of them? Why do people show only certain aspects of themselves?

Does social media affect how a person feels about themselves? Does using social media create pressures on people? How?

How can someone keep healthy when using social media?

Caring: Communities and the Environment

What things have an impact on the environment?

What is 'sustainable' living?

How can we change to live more sustainably?

What can someone do to help the environment?

Earning and Saving Money

What different ways are there to save money?

Are there advantages or disadvantages to the different ways to save money, including long-term saving?

What is 'interest' when money is saved?

Key vocabulary

biased elections candidate
image profile interest tax
stereotype saving cash
voting shop local debit card
reuse pressure public services
sustainable recycling unbiased
environmentally sustainable
bank (building society) account
democracy online safety
social media

I can ...

I can explain why people might do this (why they are showing certain aspects of themselves) and how social media can affect how a person feels about themselves.

I can explain that what 'environmentally sustainable' living means and give an example of how we can live in a more 'sustainable' way.

I can explain the advantages and disadvantages of different ways of saving money.

Year 6 - Being My Best

Key questions

Aspirations and Goal Setting

Do goals and aspirations need a plan? Are problems, challenges and barriers part of achieving goals?

How can problems, challenges and barriers be overcome?

Managing Risk

Are risks physical or emotional?

How can a risk be emotional?

What can someone do to reduce or remove risk?

Key vocabulary

give connect influence

be active assessing risk

problems choices

goal setting overcome vaping

practise media

aspirations take notice (mindful)

weigh up achieve challenges

perseverance

keep learning (get creative)

I can ...

I can tell you how I can overcome problems and challenges on the way to achieving my goals.

I can give examples of an emotional risk and a physical risk.

Year 6 - Growing and Changing

Key questions

Keeping Safe

What secrets can be kept private?

Why?

Are there secrets that should be shared? Why?

Who should some secrets be shared with?

Body Image

What physical changes happen during puberty?

How might someone feel when their body changes?

Do emotional changes happen during puberty? Why?

How can a person feel better about their body changing?

Self-Esteem

What can affect the way someone feels about themselves?

What can someone do or say to feel good about themselves?

Do words affect someone as much as actions? How?

Key vocabulary

media manipulation puberty

sexual intercourse discuss

confidential online safety

self esteem

right to privacy age of consent

stereotype peer pressure

uncomfortable physical changes

body image emotional changes

in confidence sharing online

I can ...

I can give an example of a secret that should be shared with a trusted adult.

I can tell you some emotional changes associated with 'puberty' and how people may feel when their bodies change.

I can give examples of other ways in which the way a person feels about themselves can be affected (e.g. images of celebrities).