

# Year 5

Our Safety	Our Relationships	Our Bodies
<p><b>To learn how to identify and manage risk</b> to identify when situations are becoming risky, unsafe or an emergency to identify occasions where they can help take responsibility for their own safety to differentiate between positive risk taking (e.g. trying a challenging new sport) and dangerous behaviour</p>	<p><b>To learn what makes a healthy friendship</b> what makes a healthy friendship and how they make people feel included strategies to help someone feel included</p>	<p><b>To learn about the importance of sleep</b> how sleep contributes to a healthy lifestyle healthy sleep strategies and how to maintain them</p>
<p><b>To learn how to respond in an emergency</b> Spot and identify potential hazards and dangers in different locations how to respond in an emergency, including when and how to contact different emergency services</p>	<p><b>To learn how friendships change</b> that friendships can change over time and the benefits of having new and different types of friends</p>	<p><b>To learn about the benefits and risks of the sun</b> about the benefits of being outdoors and in the sun for physical and mental health how to manage risk in relation to sun exposure, including skin damage and heat stroke</p>
<p><b>To learn about consent</b> how to ask for, give and not give permission for physical contact</p>	<p><b>To learn how to resolve problems with friends</b> that it is common for friendships to experience challenges strategies to positively resolve disputes and reconcile differences in friendships</p>	<p><b>To learn how to control and manage illnesses</b> how medicines can contribute to health and how allergies can be managed that some diseases can be prevented by vaccinations and immunisations that bacteria and viruses can affect health how they can prevent the spread of bacteria and viruses with everyday hygiene routines to recognise the shared responsibility of keeping a clean environment</p>
<p><b>To learn how to manage unwanted touch</b> how to respond to unwanted or unacceptable physical contact that no one should ask them to keep a secret that makes them feel uncomfortable or try to persuade them to keep a secret they are worried about whom to tell if they are concerned about unwanted physical contact</p>	<p><b>To learn about peer influence (face to face)</b> about peer influence and how it can make people feel or behave the impact of the need for peer approval in different situations, including online strategies to manage peer influence and the need for peer approval e.g. exit strategies, assertive communication</p>	<p><b>To learn what puberty is</b> about the physical and emotional changes during puberty the importance of personal hygiene routines during puberty including washing regularly and using deodorant how to discuss the challenges of puberty with a trusted adult how to get information, help and advice about puberty</p>
<p><b>To learn about acceptable and unacceptable touch</b> to identify what physical touch is acceptable, unacceptable, wanted or unwanted in different situations how it feels in a person's mind and body when they are uncomfortable that it is never someone's fault if they have experienced unacceptable contact</p>	<p><b>To learn about peer influence (online)</b> about peer influence and how it can make people feel or behave the impact of the need for peer approval in different situations, including online strategies to manage peer influence and the need for peer approval e.g. exit strategies, assertive communication</p>	<p><b>To learn about changes that occur during puberty (girls)</b> key facts about the menstrual cycle and menstrual wellbeing strategies to manage the changes during puberty including menstruation how to discuss the challenges of puberty with a trusted adult how to get information, help and advice about puberty</p>
<p><b>To learn about FGM</b> that female genital mutilation (FGM) is against British law<sup>1</sup> what to do and whom to tell if they think they or someone they know might be at risk of FGM</p>	<p><b>To learn how to recognise a negative friendship</b> how to recognise if a friendship is making them feel unsafe, worried, or uncomfortable when and how to seek support in relation to friendships</p>	<p><b>To learn about changes that occur during puberty (boys)</b> key facts about erections and wet dreams strategies to manage the changes during puberty how to discuss the challenges of puberty with a trusted adult how to get information, help and advice about puberty</p>
Our Community	Our Future	Our Feelings and well-being
<p><b>To learn about different types of discrimination</b> to recognise that everyone should be treated equally what discrimination means and different types of discrimination e.g. racism, sexism, homophobia</p>	<p><b>To learn what affects people's career choice</b> how or why someone might choose a certain career about what might influence people's decisions about a job or career, including pay, working conditions, personal interests, strengths and qualities, family, values</p>	<p><b>To learn what we mean by mental health</b> that mental health is just as important as physical health and that both need looking after to recognise that anyone can be affected by mental ill-health and that difficulties can be resolved with help and support</p>
<p><b>To learn the impact of discrimination</b> the impact of discrimination on individuals, groups and wider society ways to safely challenge discrimination</p>	<p><b>To learn the benefits of being ambitious</b> about the role ambition can play in achieving a future career</p>	<p><b>To learn how mental health can be affected negatively</b> how negative experiences such as being bullied or feeling lonely can affect mental wellbeing positive strategies for managing feelings</p>
<p><b>To learn about online bullying and discrimination</b> to identify online bullying and discrimination of groups or individuals e.g. trolling and harassment how to report discrimination online</p>	<p><b>To learn about routes into work</b> that there is a variety of routes into work e.g. college, apprenticeships, university, training</p>	<p><b>To learn how to seek help with difficult feelings</b> to recognise that if someone experiences feelings that are not so good (most or all of the time) – help and support is available identify where they and others can ask for help and support with mental wellbeing in and outside school the importance of asking for support from a trusted adult</p>
<p><b>To learn to listen to a wide range of views</b> why it is important to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own</p>	<p><b>To learn about the importance of diversity in workplaces</b> the importance of diversity and inclusion to promote people's career opportunities about stereotyping in the workplace, its impact and how to challenge it</p>	<p><b>To learn how to manage difficult feelings and manage our mental health</b> that there are situations when someone may experience mixed or conflicting feelings how feelings can often be helpful, whilst recognising that they sometimes need to be overcome ways to boost their mood and improve emotional wellbeing about the link between participating in interests, hobbies and community groups and mental wellbeing</p>
<p><b>To learn how the government supports people in the UK</b> about how resources are allocated and the effect this has on individuals, communities and the environment</p>	<p><b>To learn to identify career paths that interest you</b> to identify jobs that they might like to do in the future</p>	
<p><b>To learn about protecting the environment</b> the importance of protecting the environment and how everyday actions can either support or damage it how to show compassion for the environment, animals and other living things to express their own opinions about their responsibility towards the environment</p>	<p><b>To learn how spending money affects the environment</b> about the way that money is spent and how it affects the environment</p>	<p><b>To learn to identify and celebrate our personal identity</b> about personal identity and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes, sexuality how to recognise, respect and express their individuality and personal qualities</p>

Our Digital World	
<p><b>To learn to identify different types of digital media</b> to identify different types of media and their different purposes e.g. to entertain, inform, persuade or advertise</p>	<p><b>To learn how to choose reliable search results</b> how to assess which search results are more reliable than others</p>
<p><b>To learn to identify fact, opinion and bias</b> basic strategies to assess whether content online (e.g. research, news, reviews, blogs) is based on fact, opinion, or is biased</p>	<p><b>To learn to recognise unsafe or suspicious content online</b> to recognise unsafe or suspicious content online</p>
<p><b>To learn to identify stereotypes</b> that some media and online content promote stereotypes</p>	<p><b>To learn how devices store and share information</b> how devices store and share information</p>