



P.S.H.E

Autumn 2 Year 5

Personal, Social, Health and Economic (PSHE) helps pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children to stay healthy and safe, understanding their relationships, academic, personal and social lives in a positive way.

<u>Self and Relationships</u>	<u>Respecting Others</u>	<u>Healthy lifestyles</u>	<u>Keeping Safe</u>	<u>The World Around Us</u>
-------------------------------	--------------------------	---------------------------	---------------------	----------------------------

Respecting Others *Good and bad choices*

- R11. What constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships.
- R13. The importance of seeking support if feeling lonely or excluded.
- R14. That healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them.
- R15. Strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others.
- R16. How friendships can change over time, about making new friends and the benefits of having different types of friends.
- R17. That friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely.
- R18. To recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary.
- R19. About the impact of bullying, including offline and online, and the consequences of hurtful behaviour.
- R20. Strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support.

<u>British Value:</u>
The Rule of Law

<u>Key Vocabulary</u>		
anti-bullying	peer pressure	respect
kindness	parliament	reconcile

Pupil Reflection:
