







Year 5 - PSHE		
Autumn 1	Spring 1	Summer 1
<p>Physical health and wellbeing: In the media (3 lessons) Pupils learn:</p> <ul style="list-style-type: none"> • that messages given on food adverts can be misleading • about role models • about how the media can manipulate images and that these images may not reflect reality 	<p>Keeping safe and managing risk: When things go wrong (3 lessons) Pupils learn:</p> <ul style="list-style-type: none"> • about keeping safe online • that violence within relationships is not acceptable • about problems that can occur when someone goes missing from home <p>Alright Charlie (2 lessons) Pupils learn:</p> <ul style="list-style-type: none"> • To identify the warning signs of grooming and CSE • To identify at least one trusted adult they would talk to about grooming and CSE • To explore how they would talk to this trusted adult 	<p>Drug, Alcohol and Tobacco Education: Different influences (3 lessons) Pupils learn:</p> <ul style="list-style-type: none"> • about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis • about different influences on drug use - alcohol, tobacco and nicotine products • strategies to resist pressure from others about whether to use drugs - smoking drugs and alcohol
 MindMate: Feeling Good & Being Me	 MindMate: Life Changes	 MindMate: Being the Same & Being Different
Autumn 2	Spring 2	Summer 2
<p>Identity, society and equality: Stereotypes, discrimination and prejudice (including tackling homophobia) (3 lessons) Pupils learn:</p> <ul style="list-style-type: none"> • about stereotyping, including gender stereotyping • workshop from Diversity Role Models or Equaliteach • about prejudice and discrimination and how this can make people feel <p>Prevent: (Lesson 3) (1 lesson) Pupils learn:</p> <ul style="list-style-type: none"> • To recognise individuality and celebrate differences • To identify and challenge stereotypes, including LGBT and other minority groups 	<p>Mental Health and emotional wellbeing: Dealing with feelings (3 lessons) Pupils learn:</p> <ul style="list-style-type: none"> • about a wide range of emotions and feelings and how these are experienced in the body • about times of change and how this can make people feel • about the feelings associated with loss, grief and bereavement 	<p>Growing and Changing (SRE): Physical and emotional changes in puberty (3 lessons) Pupils learn:</p> <ul style="list-style-type: none"> • about the physical changes associated with puberty • about menstruation and wet dreams • how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty • strategies to deal with feelings in the context of relationships • to answer each other's questions about puberty with confidence, to seek support and advice when they need it
 MindMate: Friends & Family	 MindMate: Strong Emotions	 MindMate: Solving Problems - Making it Better