

Year 5 PSHE Autumn

Being me in my world

Planning the forthcoming year Being a citizen Rights and responsibilities  
 Rewards and consequences How behaviour affects groups Democracy, having  
 a voice, participating

Celebrate difference

Cultural differences and how they can cause conflict Racism Rumours and name-  
 calling Types of bullying Material wealth and happiness Enjoying and respecting  
 other cultures

Spring

Dreams and goals

Future dreams The importance of money Jobs and careers Dream job and  
 how to get there Goals in different cultures Supporting others (charity)  
 Motivation

Healthy me

Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid  
 Body image Relationships with food Healthy choices Motivation and behaviour

Summer

Relationships

Self-recognition and self-worth Building self-esteem Safer online  
 communities Rights and responsibilities online Online gaming and gambling  
 Reducing screen time Dangers of online grooming SMARRT internet safety  
 rules

Changing me

Self- and body image Influence of online and media on body image Puberty for girls  
 Puberty for boys Conception (including IVF) Growing responsibility Coping with  
 change Preparing for transition