

# PSHRE (Cycle B) | Years 5 & 6 | 2021-22

## Being Me

Identifying goals for the year.  
Global citizenship and children's universal rights.  
Feeling welcome and valued.  
Choices, consequences and rewards.  
Democracy and having a voice, including group dynamics.  
Anti-social behaviour and role-modelling.

## Dreams and Goals

Personal learning goals, in and out of school.  
Success criteria.  
Emotions in success.  
Making a difference in the world.  
Motivation.  
Recognising achievements and compliments.

## Relationships

Mental health.  
Identifying mental health worries and sources of support.  
Love and loss.  
Managing feelings.  
Power and control.  
Assertiveness.  
Technology safety.  
Taking responsibility with technology use.

## Celebrating Difference

Perceptions of normality.  
Understanding difference.  
Power struggles.  
Understanding bullying, inclusion and exclusion.  
Difference as conflict and difference as celebration.  
Empathy.

## Healthy Me

Taking personal responsibility.  
How substances affect the body.  
Exploitation, including 'county lines' and gang culture.  
Emotional and mental health.  
Managing stress.

## Changing Me

Self-image and body image.  
Puberty and feelings (Science).  
Reflections about change.  
Respect and consent.  
Boyfriends and girlfriends.  
Sexting.  
Preparing for transition.