

PSHRE (Cycle B) | Years 5 & 6 | 2023-24

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.