



### What should I already know?

- We have different types of relationships with different people.
- A healthy relationship needs to be fair - it should never be one person doing all the giving and the other person taking.
- Trust, respect and kindness make a good friendship.
- We don't have to have all the same interests to be friends with someone.
- While arguing with friends is not nice it can lead to a better friendship if the argument is worked out properly.
- People may push us to follow or do the same things as them. This is called peer pressure.
- Bullying can take many forms verbal, physical, emotional and cyber.
- Anyone can be a victim of bullying and it can happen at any age.
- You should talk to an adult you trust if you are being bullied or are worried about someone else being bullied either face to face or online.
- Cyberbullying is bullying, report it straight away. Use the report functions on websites and apps and speak with an adult you trust.
- When we communicate online we should always be respectful.
- We should be careful who we choose to communicate with online, they might not be telling the truth about who they are.
- If we are ever uncomfortable about someone's behaviour or something they have said, face to face or online we should tell an adult we trust.
- Websites and apps have report and block functions to help protect us.

### What will I know by the end of the unit?

#### Healthy Relationships / Feelings and Emotions

- Privacy and personal boundaries;
- Acceptable and unacceptable contact;
- Permission-seeking and giving;
- Personal safety;
- Actions have consequences;
- Working collaboratively;
- Negotiation and compromise;
- A positive, healthy relationship;
- Recognize different types of relationships;
- Responding safely to adults whom they do not know
- About the role of trust, respect and boundaries in healthy relationships (including friendships and family)
- How to recognize if a friendship is making them feel uncomfortable or unsafe
- How to maintain and respect privacy and boundaries, including online
- How to recognize different types of physical contact and what is, or is not, acceptable
- About seeking and giving/not giving permission in different situations
- How to seek or report concerns about their personal safety or that of others in a range of contexts
- Responding to feelings of others;
- Seeking support if feeling lonely;
- Healthy relationships make people feel included;
- Impact of bullying, including online;
- Consequences of hurtful behaviour
- About the role of trust, respect and boundaries in healthy relationships (including friendships and family)
- How to recognize if a friendship is making them feel uncomfortable or unsafe
- How to maintain and respect privacy and boundaries, including online



- How to recognize different types of physical contact and what is, or is not, acceptable
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#### Health and Wellbeing

- How puberty changes can affect our emotions and feelings and ways to manage this
- Questions about puberty and change, including periods and wet dreams

### Vocabulary

Privacy	
Trust	
Permission	
Relationship	
Friendship	
Puberty	
Genitals	
Hygiene	
Menstruation	
Emotions	
Adolescent	

#### Growing and Changing

We are learning about our bodies and our relationships with ourselves and others.

We are focusing on how these things grow and change over time.

You should already know that:

Our bodies have many different parts that have different jobs.

Throughout puberty, our bodies go through several different changes. We also go through emotional changes.

It is important that we do not stereotype people based on assumptions and beliefs. Stereotyping people can be dangerous.

Throughout puberty, our bodies change in a lot of different ways. We should have an increasing understanding of the names and functions of different body parts.

We may also have mood swings and become embarrassed more easily. This can be a good thing as long as we (and others) react in the correct way.



#### Healthy Relationships

Relationships are our connections with other living things.

#### Stereotypes

A stereotype is an often unfair and untrue belief that many people have about all people or things with a particular characteristic.

For example, some people may stereotype that girls wear pink, that boys shouldn't cry, that teenagers are troublesome or that all gay men act like females.

Stereotypes are not based on fact: they are based on assumptions & prejudice (pre-judging people).

Therefore, stereotypes can be dangerous.

There are often stereotypes around sex, gender and sexual orientation. People who are seen to be different can sometimes be bullied.

Remember:

Being gay is perfectly fine and normal

The word 'gay' should never be used as an insult

It is fine for boys to cook, sew, design, etc. and it is fine for girls to have short hair, play football, etc.

#### Embarrassment

During puberty, young people often become more aware of what the people around them think.



The thoughts of their peers can become particularly important to us at this time.  
This can mean that there are more times we may feel embarrassed about things that didn't used to bother us as much.

### Changing Body Parts

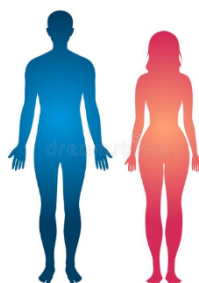
Puberty is the series of changes that our bodies make as we turn from boys and girls into men and women.  
Puberty usually starts between ages 8 and 13 in girls and ages 9 and 15 in boys.

At this age, young people will become aware of changes that are taking place to their bodies. You should be able to identify more parts of the body and features of puberty:

Acne Anus Bra Breasts Cervix Clitoris Deodorant  
Discharge Ejaculation Erection Emotions Fallopian Tubes  
Foreskin Friends Growth Genitals Hair Hygiene  
Hormone Masturbation Menstruation Oestrogen Ovary  
Ovum Period Puberty Penis Prostate Pubic  
Relationships Sanitary Products Semen Scrotum Tampon  
Uterus Vagina Vulva

### Puberty and Feelings

Puberty starts when hormones are triggered by the brain.  
Hormones also affect our mood and our feelings.  
This can make a young person think and feel different.  
They may want to be more independent and think about adulthood.



Young people should learn what their different feelings are e.g. speaking with a trusted adult, breathing techniques, making a pros and cons list

Remember that you should always treat other people with kindness and respect, even when you have having a difficult day

### RSE Content

A surprise is when something happens that someone wasn't expecting.

A secret is when someone tells us not to tell something.

Secrets can sometimes be bad.

We don't have to keep secrets if they make us feel uncomfortable.

Our bodies can tell us when secrets are bad (e.g. feeling sick, going red).

We may feel uncomfortable 'breaking confidence' with someone, but it is the right thing to do when it is unsafe.

There are lots of different people who we can turn to when we feel uncomfortable. These include:

Parent or care Other family members Teacher  
Teaching assistant Headteacher Friends Childline

### Conflict

During puberty, hormones can cause our emotions to change very quickly. This can lead to mood swings and conflict.

We may argue more with those around us, including parents, siblings and friends.

It is important to find compromises using kindness and respectful/courteous language.



**Topic: Healthy Relationships**

**Year:**  
**5**

**NC Strand: Relationships and Health Education**

**Lesson Overview**

Lesson 1: to learn to express our opinions to help our teachers design PSHCE education lessons for pupils in the future

Lesson 2: to understand and learn the PANTS rules

Lesson 3: to understand how to maintain and respect privacy and boundaries online

Lesson 4: to learn about some of the physical changes experienced during puberty

Lesson 5: to learn about the biological changes that happen to males and females during puberty

Lesson 6: to learn about the importance of personal hygiene during puberty

Lesson 7: to learn how and why emotions may change during puberty