

### Me and My Relationships

Feelings; friendship skills & compromise; assertive skills

People have different **emotional needs**. Some of us need reassurance, some like to talk about their feelings and others want to feel safe. Everyone's needs are important. You may need to communicate your emotional needs with people who are close to you.

What qualities make a good friend? If friends can show each other that they are understanding, trustworthy and supportive, this can have a positive impact on their friendship.



It is common for friendships to experience challenges. But friends can show each other their good qualities through their actions.

Being **assertive** means speaking up for yourself in an honest, respectful and confident way.

This might mean speaking in a loud voice, looking someone in the eye and show confident body language.

When might you need to show assertiveness?

How can you practice being assertive?

#### Key Vocabulary

<i>emotional needs</i>	<i>conflict</i>	<i>pressure</i>
<i>assertiveness</i>	<i>compromise</i>	<i>respect</i>
<i>qualities</i>	<i>unhealthy</i>	<i>confidence</i>

### Valuing Difference

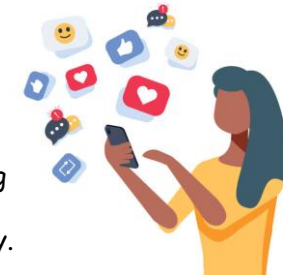
Recognising and celebrating difference; influence and pressure of social media

In the UK there are people from many difference cultures and different backgrounds who practise many different religions. We live in a **multi-cultural** city, where all these differences make it interesting and exciting to live here.

Unfortunately, some people from **diverse** backgrounds face **discrimination**. The differences between people are sometimes blamed for conflicts, but we should try to accept everyone for who they are and make our community an **inclusive** one.

What positives can we take from differences in faiths and cultures?

Social media does not realistically reflect people's actual lives. People sometimes create a false impression of themselves online.



There is a lot of peer-pressure surrounding social media, and some people think they have to show themselves in a particular way. This isn't often healthy.

What are the possible effects of this?

#### Key Vocabulary

<i>physical</i>	<i>acceptable</i>	<i>unacceptable</i>
<i>permission</i>	<i>wanted</i>	<i>unwanted</i>
<i>childline</i>	<i>touch</i>	<i>body</i>

### Keeping Safe

Managing risk, including online safety; the use of legal drugs

What are the **dangers** of being online?

You may be in a position to speak to strangers, view images and videos or play games. All of these examples could present a **risk**.



What you share **online** can stick around for longer than you think, including our photos, videos, and comments. Be careful what you share.

Keep things like your address, phone number, full name, school and date of birth private, and check what people can see in your **privacy settings**.

When chatting to others online, keep an eye out for red flags, fake profiles, or anyone who might not be who they say they are.

If anything happens or something you're not sure about, you don't need to hide it or pretend it hasn't happened. Tell a friend, an adult you trust, or you can always contact Childline.

3% of children aged 11-15 years-old smoke in the UK.

Most young people know how harmful smoking is for your body, so they choose to avoid it.

#### Key Vocabulary

risks	e-safety	privacy settings
cyberbullying	cigarettes	vapes
nicotine	addiction	pressure

### Rights and Respect

Rights and responsibilities, including about my health; decisions about lending, borrowing & spending

What is the difference between **rights** and **responsibilities**?

**Rights** are the things that we deserve and should be free to do in our lives, such as the right to an education.

**Responsibilities** are the things that we are in charge of that we should do for ourselves or others.

Everyone has different responsibilities, but we also have shared responsibilities to the **community** we live in and the **environment**.

Everyone is responsible for their own **health**. Some people find it hard to stick to making healthy choices, and might not have the help they need.

What might make some realise they need to start taking more care of their health?

Local **councils** receive money from the UK **government** and must choose how to spend it on the local **community**. This could be on public spaces, schools or housing.

How the money is spent can affect different people and groups in the community for better or for worse.



#### Key Vocabulary

council	community	cost
health	public services	rights
responsibilities	elections	government

## PHSE/RSHE Knowledge Organiser Year 5: Summer Term

### Being My Best

Growing independence and taking responsibility;  
Media awareness and safety

As we get older, we can do more things by ourselves and be trusted to make more of our own decisions – this is called gaining **independence**. You may be allowed to walk home from school by yourself or go to a friend's house without a parent or carer. But with these privileges comes new **responsibilities**.



What are you allowed to now that you weren't able to do when you were younger?

As you get even older, you will gain more independence. What are you looking forward to doing in the future? You may have to take responsibility for helping around the house, looking after yourself and managing how you spend money.

There are many images of **celebrities** in the **media** (newspapers, magazines and television). But often, they have been digitally **altered** to change the person's appearance.



Images we are shown in the media tend to suggest that people should look a certain way to appear attractive. This could be their size and body shape, having perfect teeth or skin.

But what are the dangers of this? And is it really a person's appearance that makes them attractive? It's also important to consider their **personal qualities** and the way they **behave** - **kindness**, **tolerance** and **confidence** are just a few examples of this.

#### Key Vocabulary

<i>media-influence</i>	<i>kindness</i>	<i>celebrities</i>
<i>confidence</i>	<i>independence</i>	<i>responsibility</i>
<i>physical</i>	<i>personal qualities</i>	<i>personality</i>

#### External support and services:

If you are feeling worried about something and do not feel comfortable telling an adult, contact Childline to ask for support.

**Childline:** 0800 1111 <https://www.childline.org.uk/>

**Emergency services:** 999

### Growing and changing

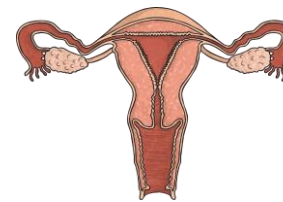
Managing different feelings; managing change; getting help

It is very normal to experience different **feelings**, and these can sometimes change quickly or without our control. These could be good feelings, or not-so-good feelings.

We should aim to develop our **confidence** to believe in ourselves and feel positive about what we can achieve. It is also important to grow **resilience** so that after our feelings take over, meaning we can get back to a **self-regulated** state. What strategies can you think of to help with this?

**Puberty** is the name for the change in our bodies that happens as we become **adults**. This occurs in humans so that they can **reproduce**. Your bodies will change; you will sweat more which means we need to wash more often, your body will change shape, and pubic hair will begin to grow.

Girls will begin to start their period, which is called the **menstrual cycle**. On average, a woman's **menstrual cycle** lasts 28 days. Some changes are different for boys and girls, but there are also some that are the same for both.



Sometimes people need support to help boost their **mood**, it is good to talk to people about how we are **feeling**, and trusted adults can often help us.

We can often help our **wellbeing** by being **active**, **taking part** in events or learning new **hobbies** and **interests**.

#### Key Vocabulary

<i>well-being</i>	<i>puberty</i>	<i>confidence</i>
<i>resilience</i>	<i>reproduce</i>	<i>menstrual cycle</i>
<i>mood</i>	<i>hormones</i>	<i>embarrassment</i>