

PSHE Year 5 Summer 1 – Relationships



PSHE

Powerful knowledge/skills for this unit:

Knowledge

I will:

- have an accurate picture of who I am as a person in terms of my characteristics and personal qualities
- understand that belonging to an online community can have positive and negative consequences
- understand there are rights and responsibilities in an online community or social network
- know there are rights and responsibilities when playing an online game
- recognise when I am spending too much time using devices (screen time)
- explain how to stay safe when using technology to communicate with my friends
- understand I have rights about my personal data

Social and emotional skills

I will:

- know to keep building my own self-esteem
- recognise when an online community feels unsafe or uncomfortable
- recognise when an online community is helpful or unhelpful to me
- recognise when an online game is becoming unhelpful or unsafe
- identify things I can do to reduce screen time, so my health isn't affected
- use strategies to help me stay safer online including confident questioning information and saying 'no' when I feel uncomfortable

Key vocabulary

Addiction, age restriction, appropriate, assertive, being responsible, bullying, characteristics, choices, community, controlling, data, data protection, devices, fake online hoaxes, gambling / betting, grooming, harassed, hobbies, interests, location settings, lonely, loot boxes, mental health, offline, online, personal information, personal qualities, physical health, privacy, reliable, reporting, responsibility,

Big Question:

How will you stay safe when using technology?

The zones of regulation



By the end of this topic...

I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.

I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others.

Mindmate Monday lesson

MindMate

Year 5 Summer 1: Being the same being different

Lesson focus: Stigma I know what stereotyping is

Pupils should have the opportunity to... know about stereotyping, including gender stereotyping. I know that stereotypes exist for different groups and I can explain what is meant by the word 'stereotype.'

To identify stereotypes as presented in the media and the wider world I can use statements and questions to challenge stereotypes