



RSHE – Year 5	Autumn	Spring	Summer
<p>In UKS2 we will be covering the eight key areas of our PSHE inc RSE curriculum taken from our agreed Ironstone Academy Trust PSHE inc relationships and sex education programme of study. The above structure is to be used as a guide to show the coverage across the year although should remain flexible to allow for high quality, trustworthy discussions to take place responding to the current needs of the children throughout the year.</p> <p>Key events linked to the subject are also included across the year e.g. Mental Health Week</p>	<p>Relationships</p> <ul style="list-style-type: none"> • What are the important relationships in my life now? • What is love? How do we show love to one another? • Can people of the same sex love one another? Is this ok? • What are the different kinds of families and partnerships? • What do the words 'lesbian' and 'gay' mean? • Why does calling someone 'gay' count as bullying? • What should I do if someone is being bullied or abused? • Can some relationships be harmful? • What aspects of a relationship require 'permission' from the other person? • What are relationship boundaries – and how are they different with different people (parents, friends, siblings, strangers etc) <p>People Who Help Me</p> <ul style="list-style-type: none"> • Who can I talk to for help and advice and where can I safely find extra info? • How do I know if someone is trustworthy? • Who can I talk to if I'm worried 	<p>My Body and My Health</p> <ul style="list-style-type: none"> • What is puberty? • Does everyone go through it? At what age? • What body changes do boys and girls go through at puberty? • Is my body normal? What is a 'normal' body? • How will my body change as I get older? • Why are some drugs 'good' and some drugs 'bad' for our immediate and future health? • Why is immunisation and vaccination so important? • What is our food made up of – and what are calories? (nutritional content) <p>Life cycles</p> <ul style="list-style-type: none"> • Why does having a baby need a male and a female? • How does the baby develop? <p>Feelings and Attitudes</p> <ul style="list-style-type: none"> • What kinds of feelings come with puberty? • How can I cope with these different feelings and mood swings? • How can I say 'no' to someone without hurting their feelings? 	<p>Mental Wellbeing</p> <ul style="list-style-type: none"> • Why is mental wellbeing is an important part of daily life, in the same way as physical health? • How can exercise impact positively on mental health? <p>Keeping safe and Looking after myself</p> <ul style="list-style-type: none"> • How can I look after my body during puberty? • How do girls manage their periods? • What is the difference between a risk, hazard and danger? • What is peer pressure and how can I be strong against it? • How do I report abuse? <p>Living in Our World</p> <ul style="list-style-type: none"> • Why do I need an initial understanding of the concepts of 'interest', 'loan', 'debt', and 'tax' (e.g. their contribution to society through the payment of VAT). • What does the government have to spend our money on? • Why aren't all countries a democracy?



	about someone mental health?	<ul style="list-style-type: none">• What should I do if my family or friends don't see things the way I do?• What do families from other cultures and religions think about growing up?• Can I believe everything I see on the TV about perfect bodies/ relationship/girls and boys...to be true? • How can we talk about our emotions – and why is it important in working out their root cause?• Why is isolation and loneliness so damaging to our mental health?	
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