

Personal Social Health Education (PSHE)

Me and My Relationships – Year 5 objectives

- I understand simple, safe routines to prevent the spread of bacteria and viruses
- I can name and explain male and female body parts, relating to Sex and Relationship Education
- I know the ways in which boys and girls grow and develop in puberty – physically and emotionally
- I recognise, as I approach puberty, how people’s emotions change at that time and how to deal with my feelings towards myself, my family and others in a positive way
- I am aware of different types of relationships and what makes them a positive, healthy relationships and I have the skills to form and maintain a healthy relationship
- I know where individuals, families and groups can get help and support
- I understand the importance of being respectful to everyone and to recognise and care about others people’s feelings but if appropriate I feel able to confidentially challenge their view point

Me and My Relationships – Year 6 objectives

- I realise the consequences of anti-social and aggressive behaviours, such as bullying, cyber-bullying, homophobia and racism on individuals and communities
- I can recognise and challenge discrimination and stereotyping (including cultural, ethnic, religious diversity, sexuality, gender and disability)
- I know about human reproduction including conception
- I understand the physical and emotional changes I will go through at puberty
- I recognise different risks in different situations and then decide how to behave responsibly, including judging what kind of physical contact is acceptable or unacceptable
- I understand that civil partnerships and marriages are examples of stable, loving relationships freely entered into by both people
- I know that relationships change over time and that new relationships and friendships develop and the features of a positive healthy relationship
- I know how to ask for help and have a range of strategies to resist pressure to do something dangerous, unhealthy, that makes me feel uncomfortable, anxious or that I believe is wrong including when to share a confidential secret
- I can recognise the difference between aggressive and assertive behaviour and developed some strategies to resolve disputes and conflict

Green text relates to the SRE within the unit.