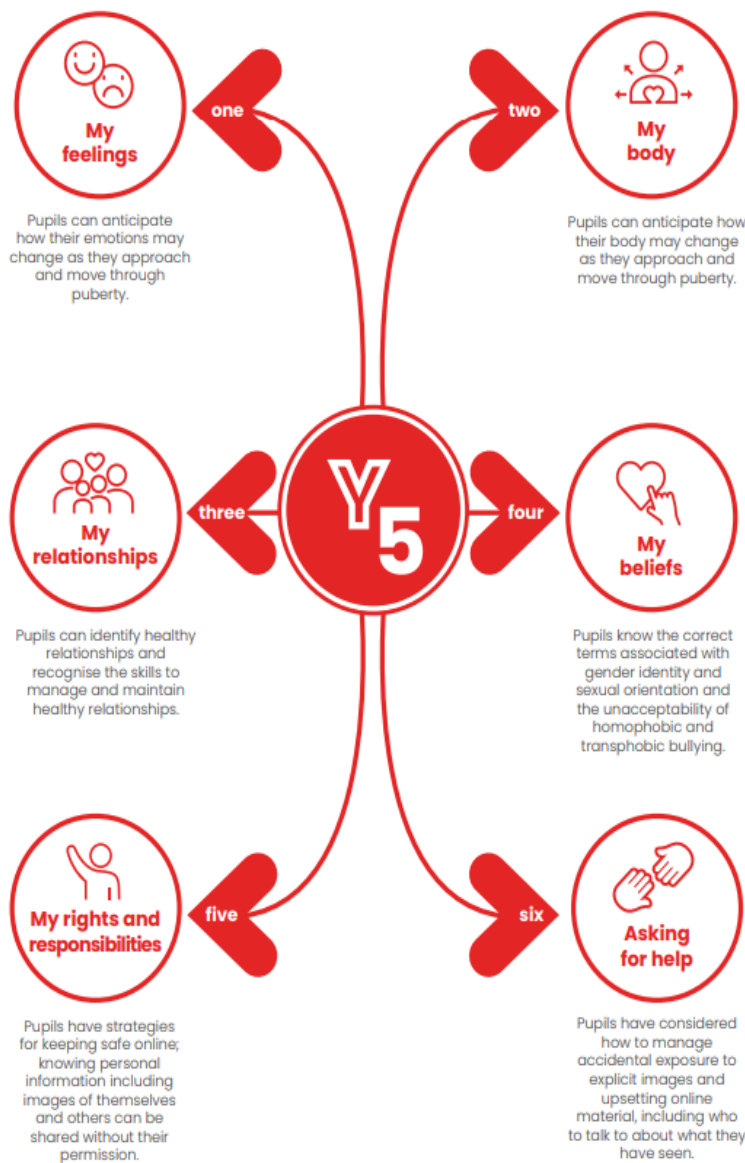




Key Vocabulary

puberty

penis

erection

wet dream

gender

sex

intersex

transgender

gay

lesbian

personal information



RSHE in Year 5

Lesson one: My feelings



Lesson aim:

Pupils can anticipate how their emotions may change as they approach and move through puberty.



Learning outcomes:

- I understand how puberty may affect my emotions
- I have considered how my changing emotions may affect me
- I know how to respond to overwhelming emotions

Lesson two: My body



Lesson aim:

Pupils can anticipate how their body may change as they approach and move through puberty.



Learning outcomes:

- I know how the male body can be affected by puberty
- I know how the female body can be affected by puberty
- I have thought about how these body changes might make people feel about themselves

Lesson three: My relationships



Lesson aim:

Pupils can identify healthy relationships and recognise the skills to manage and maintain healthy relationships.



Learning outcomes:

- I can identify the relationships that I am in
- I can recognise healthy and unhealthy relationships, and how these can make me feel
- I recognise the skills to respond to an unhealthy relationship



RSHE in Year 5

Lesson four: My beliefs



Lesson aim:

Pupils know the correct terms associated with gender identity and sexual orientation and the unacceptability of homophobic and transphobic bullying.



Learning outcomes:

- I know the terms associated with gender identity and sexual orientation
- I know that using the terms to bully someone is unacceptable
- I have considered ways to respond to identity bullying

Lesson five: My rights and responsibilities



Lesson aim:

Pupils have strategies for keeping safe online; knowing personal information including images of themselves and others can be shared without their permission.



Learning outcomes:

- I can identify personal information that is shared online
- I understand how quickly personal information and photographs can be shared online
- I know I have a responsibility not to share my own or other people's photographs online

Lesson six: Asking for help



Lesson aim:

Pupils have considered how to manage accidental exposure to explicit images and upsetting online material, including who to talk to about what they have seen.



Learning outcomes:

- I know that the internet can contain images and information that I find upsetting
- I understand that people can be upset by different things
- I feel confident to talk to a trusted adult about something that I found online that makes me feel upset.