

PSHE – Autumn 1 Module 2: Unit 2 – Personal relationships Year 5

Prior learning: Children have learnt to appreciate different family structures and strategies to use when relationships become difficult. Children will learn how to develop resilience and resist pressure.

At the end of this topic, pupils will know: Of strategies to use for more complex experiences of relationships and conflict.. Pupils will also consider what bullying, prejudice and discrimination are.

Lesson	Learning objectives
Lesson 1: Under pressure	<ul style="list-style-type: none"> • Pressure comes in different forms, and what some of those different forms are • There are strategies that they can adopt to resist pressure
Lesson 2: Do you want a piece of cake?	<ul style="list-style-type: none"> • Understand what consent and bodily autonomy means • Discuss and reflect on different scenarios where it is right to say 'no'
Lesson 3: Self talk	<ul style="list-style-type: none"> • Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions • Apply this approach to personal friendships and relationships
Lesson 4: Build others up	<ul style="list-style-type: none"> • About prejudice, bullying and discrimination: what they mean and how to challenge them. • About protected characteristics from the Equality Act 2010 such as race, age and disability. • That everyone is made in the image of God, loved unconditionally by Him, has equal dignity and is deserving of equal respect.

Key Vocabulary	
Word	Definition
adopted	legally take (another's child) and bring it up as one's own
Banter	the playful and friendly exchange of teasing remarks
Clique	a small close-knit group of people who do not readily allow others to join them
Harassment	aggressive pressure or intimidation
exploitation	the action or fact of treating someone unfairly in order to benefit from their work



As children of God we are loved, we are called, and we are inspired.

