

Learning for Life

2021



Years 5 & 6

Families and People Who care for Me - Children will learn:

- That people who are attracted to and love each other can be of any gender, ethnicity or faith.
- That adults can choose to be part of a committed relationship or not, including marriage or civil partnership.

Caring Friendships - Children will learn:

- How to recognise risk in relation to friendships and keeping safe.
- How to respond if a friendship is making them feel worried, unsafe or uncomfortable.
- How to ask for help or advice and respond to pressure, inappropriate contact or concerns about personal safety.
- That people have different kinds of relationships in their lives, including romantic or intimate relationships.
- How friendships may change as they grow and how to manage this.
- How positive friendships and being involved in activities such as clubs and community groups support wellbeing.

Respectful Relationships - Children will learn:

- About the different types of relationships people have in their lives.
- How to recognise and respect similarities and differences between people and what they have in common with others.
- That there are a range of factors that contribute to a person's identity (e.g. ethnicity, family, faith, culture, gender, hobbies, likes/dislikes).
- How individuality and personal qualities make up someone's identity (including that gender identity is part of personal identity and for some people does not correspond with their biological sex).
- About stereotypes and how they are not always accurate, and can negatively influence behaviours and attitudes towards others.
- How to challenge stereotypes and assumptions about others.
- To understand what causes someone to be a bully.
- To recognise when a friend is manipulating or abusing them.
- To understand that not all relationships are safe.
- How to manage a relationship that is threatening.
- To understand different forms of love and which ones are safe.

Online Relationships - Children will learn:

- How friends and family communicate together; how the internet and social media can be used positively.
- How knowing someone online differs from knowing someone face-to-face.
- About the types of content (including images) that is safe to share online; ways of seeking and giving consent before images or personal information is shared with friends or family.
- How people's online actions can impact on other people.
- How to keep safe online, including managing requests for personal information and recognising what is appropriate to share or not share online.
- How to report concerns, including about inappropriate online content and contact.
- That not everything should be shared online or on social media and that there are rules about this, including the distribution of images.

Being Safe – Children will learn:

- How to recognise, predict, assess and manage risk in different situations.
- How to keep safe in the local environment and less familiar locations (e.g. near rail, water, road; fire/firework safety; sun safety and the safe use of digital devices when out and about).
- How people can be influenced by their peers' behaviour and by a desire for peer approval; how to manage this influence.
- That rules, restrictions and laws exist to help people keep safe and how to respond if I become aware of a situation that is anti-social or against the law.

Living to Succeed - Children will learn:

- How people make decisions about spending and saving money and what influences them.
- How to keep track of money so people know how much they have to spend or save.
- How people make choices about ways of paying for things they want and need (e.g. from current accounts/savings; store card/ credit cards; loans).
- How to recognise what makes something 'value for money' and what this means to them.
- That there are risks associated with money (it can be won, lost or stolen) and how money can affect people's feelings and emotions.
- That there is a broad range of different jobs and people often have more than one during their careers and over their lifetime .
- That some jobs are paid more than others and some may be voluntary (unpaid).
- About the skills, attributes, qualifications and training needed for different jobs.
- That there are different ways into jobs and careers, including college, apprenticeships and university.
- How people choose a career/job and what influences their decision, including skills, interests and pay.
- How to question and challenge stereotypes about the types of jobs people can do.
- How they might choose a career/job for themselves when they are older, why they would choose it and what might influence their decisions.

Mental Health & Well-Being - Children will learn:

- How to manage the influence of friends and family on health choices.
- That habits can be healthy or unhealthy; strategies to help change or break an unhealthy habit or take up a new healthy one.
- How to recognise early signs of physical or mental ill-health and what to do about this, including whom to speak to in and outside school.
- That health problems, including mental health problems, can build up if they are not recognised, managed, or if help is not sought early on.
- That anyone can experience mental ill-health and to discuss concerns with a trusted adult.
- That mental health difficulties can usually be resolved or managed with the right strategies and support.
- How and why to balance time spent online with other activities .

Physical Health - Children will learn:

- How to make choices that support a healthy, balanced lifestyle including:
 - how to plan a healthy meal
 - how to stay physically active
 - how to maintain good dental health, including oral hygiene, food and drink choices
 - how to benefit from and stay safe in the sun
 - how and why to balance time spent online with other activities
- How sleep contributes to a healthy lifestyle; the effects of poor sleep; strategies that support good quality sleep.
- How to carry out basic first aid including for burns, scalds, cuts, bleeds, choking, asthma attacks or allergic reactions.
- That if someone has experienced a head injury, they should not be moved.
- When it is appropriate to use first aid and the importance of seeking adult help.
- The importance of remaining calm in an emergency and providing clear information about what has happened to an adult or the emergency services.
- How legal and illegal drugs (legal and illegal) can affect health and how to manage situations involving them.
- How drugs common to everyday life (including smoking/vaping - nicotine, alcohol, caffeine and medicines) can affect health and wellbeing.
- That some drugs are legal (but may have laws or restrictions related to them) and other drugs are illegal .
- Why people choose to use or not use different drugs
- How people can prevent or reduce the risks associated with them.
- That for some people, drug use can become a habit which is difficult to break.
- How organisations help people to stop smoking and the support available to help people if they have concerns about any drug use.
- How to ask for help from a trusted adult if I have any worries or concerns about drugs .

Changes (year 5) - Children will learn:

- How to manage change, including moving to secondary school; how to ask for support or where to seek further information and advice regarding growing up and changing.
- How people grow and change and how people's needs change as they grow from young to old.
- How puberty relates to growing from childhood to adulthood.
- About puberty and how bodies change during puberty, including menstruation and menstrual wellbeing, erections and wet dreams.
- How puberty can affect emotions and feelings.
- How personal hygiene routines change during puberty.
- How to ask for advice and support about growing and changing and puberty .
- How puberty relates to growing from childhood to adulthood.
- How growing up and becoming more independent comes with increased opportunities and responsibilities..

Sex Education (year 6) – Children will learn:

- About the reproductive organs and process - how babies are conceived and born and how they need to be cared for.
- To use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private .
- That there are ways to prevent a baby being made.

The Media – Children will learn:

- That mixed messages in the media exist (including about health, the news and different groups of people) and that these can influence opinions and decisions.
- To evaluate how reliable different types of online content and media are, e.g. videos, blogs, news, reviews, adverts.
- To recognise unsafe or suspicious content online and what to do about it.
- How text and images can be manipulated or invented; strategies to recognise this .
- How information is ranked, selected, targeted to meet the interests of individuals and groups, and can be used to influence them.
- How to make decisions about the content they view online or in the media and know if it is appropriate for their age range.
- How to respond to and if necessary, report information viewed online which is upsetting, frightening or untrue.