

## Sex and Relationships Education – Year 5 Overview

### Health and Wellbeing

- To deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others
- How their body will, and their emotions may, change as they approach and move through puberty
- The responsible use of mobile phones: safe keeping (looking after it) and safe user habits (time limits, use of passcode, turning it off at night etc.)

### Relationships

- To recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships
- To recognise ways in which a relationship can be unhealthy and whom to talk to if they need support
- To recognise different types of relationship, including those between acquaintances, friends, relatives and families
- That differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, age, sex, gender identity, sexual orientation, and disability (see 'protected characteristics' in the Equality Act 2010)
- To recognise and challenge stereotypes
- About the difference between, and the terms associated with, sex, gender identity and sexual orientation
- How to recognise bullying and abuse in all its forms (including prejudice-based bullying both in person, online and through social media)
- To understand personal boundaries; to identify what they are willing to share with their most special people; friends; classmates and others; and that we all have rights to privacy