

Year 5 - Yasmine and Tom - RSE - Term 5 2023-2024

	Y+T lesson number	Y&T main objectives and our LO	Any notes/ considerations (working document)
Week 1	2 - Online and Offline friendships 3 - Friendships and secrets	<p>LO: I can explore the challenges of on and offline friendships and can explain ways to access help if I need it</p> <p>LO: I can describe qualities of a good friend and can explore trust and secrets in our friendships.</p> <ul style="list-style-type: none"> • I can explain how healthy friendships and relationships make me feel. • I can explain what online bullying is. • I can tell someone what to do if they see something that is upsetting me or shocking online. • I can explain the difference between a safe and unsafe secret. • I can describe some qualities of a good friendship. • I can ask for help if I need it. 	<p>Lots of online/ offline work in other units but still important to recap</p> <p>Ensure you include the introduction and baseline activity to lesson 2. Watch the video</p>
Week 2	5 - Keeping safe – safe and unsafe touch	LO: I recognise and understand ways to keep safe including being able to say no to unwanted touch or behaviour.	

		<ul style="list-style-type: none"> • I can explain the need to ask and receive permission (consent) for some types of touch. • I can identify when physical contact feels unsafe and describe how to ask for help. • I can evaluate the importance of choice, control and time limit in making safer choices. 	
Week 3	7 - Changes at puberty	LO: I understand physical and emotional changes at puberty <ul style="list-style-type: none"> • I can identify some of the changes that will happen in my body and other bodies during puberty. • I can describe who to talk to when I need help dealing with the changes at puberty. • I can ask for support for any changes that are difficult to manage. 	Ask it basket
Week 4	8 - Periods	LO: I can identify some of the changes that will happen in my body and other bodies during puberty, suggest ways to manage these changes and know who to talk to when I need help <ul style="list-style-type: none"> • I can explain what a period (menstruation) is. • I can suggest ways to overcome possible issues from periods. 	Use the menstruation products box that SE has. Ask it basket

Week 5	14 - Equality and the Law 15 - Getting help	<p>LO: I can explain what prejudice and discrimination means and describe ways to challenge this behaviour</p> <p>LO: I know about who can help including external services and know that it is good to talk no matter what the issue.</p> <ul style="list-style-type: none"> • I can describe discrimination. • I can explain that groups of people are protected by the Equality Act. • I can describe ways to challenge prejudice and discriminatory behaviour. • I can describe what Childline is and how to access it. • Using my helping hand, I can identify who I can go to for help. • I can explain that there is nothing too awful or small that I can't talk to someone about it. 	
Week 6		<p>Consolidation session.</p> <p>Opportunity to have a question-and-answer session in same sex groupings.</p>	Ask it basket