

Year 5 - Yasmine and Tom - RSE - Term 5 2024-2025

	Y+T lesson number	Y&T main objectives and our LO
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.
Week 2	5 - Keeping safe – safe and unsafe touch	<p>LO: I recognise and understand ways to keep safe including being able to say no to unwanted touch or behaviour.</p> <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.

		<ul style="list-style-type: none"> I can evaluate the importance of choice, control and time limit in making safer choices.
Week 3	7 - Changes at puberty	<p>LO: I understand physical and emotional changes at puberty</p> <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.
Week 4	8 - Periods	<p>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</p> <ul style="list-style-type: none"> I can explain what a period (menstruation) is. I can suggest ways to overcome possible issues from periods.
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.

		<ul style="list-style-type: none"> • 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		Consolidation session. Opportunity to have a question-and-answer session in same sex groupings.