

## **PSHCE in Year 5:**

### **Being Me:**

- I can compare my life with other people around the UK.
- I can explain why we have rights, responsibilities and rules.
- I can explain how actions of one person can affect another person.

### **Celebrating Difference:**

- I can explain the differences between direct and indirect types of bullying and how to help myself and others.
- I can explain why racism and other forms of discrimination are unkind.

### **Dreams, Goals and Aspirations:**

- I can compare my hopes and dreams with those of young people from different cultures.

### **Healthy Me:**

- I can explain different roles that food and substances can play in people's lives.
- I know that smoking and alcohol misuse is unhealthy.

### **Relationships:**

- I can compare different types of friendships and feelings.
- I can explain how to stay safe when using technology to communicate with my friends.
- I know how to stand up for myself, negotiate and to resist peer pressure.

### **Changing Me:**

- I can explain how boys and girls change during puberty.
- I can summarise the process of conception.
- I can express how I feel about the changes that will happen to me.

