**Year 5 PSHE and Relationships Programme**

Dear parents and carers,

As part of your child’s educational experience at Worth Valley Primary School, we aim to promote personal wellbeing and development through a taught programme of Personal, Social, Health and Economic (PSHE) education. We believe that promoting the health and wellbeing of our pupils is an important part of their overall education. Our PSHE curriculum looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world. Relationships and Health Education has been compulsory in all primary schools since Summer 2021. We pride ourselves on our PSHE curriculum and this updated curriculum has been planned to equip children with the knowledge and skills to safeguard themselves.

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online. Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child will cover how to treat each other with kindness, consideration and respect. Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

Through discussion and simple activities, your Year 5 child will be learning:

• To demonstrate how to respond to a wide range of feelings in others.

• To develop an understanding of discrimination and its injustice.

• To demonstrate strategies to deal with face-to-face and online bullying.

• To recognise that some people can get bullied because of the way they express their gender.

• To understand that the information we see online, either text or images, is not always true or accurate.

• To use a range of words and phrases to describe the intensity of different feelings.

• To understand that online communication can be misinterpreted.

• To reflect on what information is shared online and offline.

• To recognise that there are positive and negative risks when making a decision.

• To explore and share views about decision making when faced with a risky situation.

• To know the harmful effects of smoking and drinking alcohol.

• To define some key qualities of friendship.

• To identify what things can make a relationship unhealthy.

• To identify people who can be trusted and describe strategies for dealing with uncomfortable situations.

• To recognise how their body feels when it is relaxed and how it feels when it is nervous/sad.

• To identify people that are responsible for keeping them safe and healthy.

• To explain the difference between a safe and unsafe secret.

• To identify some products that they might need during puberty and why.

• To know the correct words for their body parts, including the parts that are private.

• To understand that they have the right to decide what happens to them and their bodies.

Appropriate questions that arise from the children during the lessons will be answered honestly, factually and in the context of safe, supportive, loving, and caring relationships. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. All resources that will be used have been reviewed by the school for their suitability, and tailored to suit our children’s needs.

We recognise that parents play a vital part in their child’s Relationships and Health education and we would encourage you to explore these themes with your child at home as well. If further advice or support is required please do not hesitate to speak to your child’s class teacher or the Headteacher. If you have any questions about the programme and resources or would like to view the resources, please do not hesitate to contact Mrs Batey, our PSHE leader.

Yours Sincerely

Miss Lodge

Headteacher