

## Key Facts

- People in our community have different roles and responsibilities
- Money comes in different forms and from different sources
- People make different choices about saving and spending money
- Accidents or incidents can have a huge impact and consequences.
- It is not always right to keep secrets if they relate to being safe
- It is important to seek help or advice if a relationship is making you feel unsafe or unhappy
- In school and in wider society, you can expect to be treated with respect by others, and in turn, you should show due respect to others, including those in positions of authority
- It is important to understand how to report concerns or abuse
- There are different types of abuse: physical, emotional and technological. Each of these have sub-categories.
- When you go through puberty, you will experience physical and emotional changes. Boys and girls undergo different changes during puberty.
- There is advice available and steps we can take to support menstrual wellbeing.
- There are basic concepts of first aid and how to deal with common injuries. There are simple ways to help someone with bleeding and with a head injury.
- It is important to know how to make a clear and efficient call to emergency services, if necessary.

St John Ambulance

How to treat severe bleeding



Next Stop, Puberty!



St John Ambulance

How to help someone with a head injury



# PSHE

## Year 5

### Summer

### Term:

# Living in the wider world



## Vocabulary

Word	Definition
Online bullying	Bullying which takes place over digital devices, such as phones, tablets, and computers.
Incident	An event or occurrence
Appropriate	Something that is right for you
Puberty	The time in life when a boy or girl becomes sexually mature .
Mental health	Includes our emotional, psychological, and social wellbeing, it affects how we think, feel and act
Bullying	A repressed aggressive or unkind behaviour.
Private parts	A person's genitals
Risk	Situation involving exposure to danger
Abuse	Any form of maltreatment

## Key skills and concepts:

### Children will be able to:

- identify a range of situations that may require first aid
- understand how to support someone with a minor or serious head injury
- understand how to support someone with a severe bleed
- know when to call for medical help
- understand and explain why people might want to save money
- budget for items you would like to buy
- recognise ways to make money and the early stages of enterprise
- identify strategies to save money
- explain what puberty means
- describe the changes that boys and girls may go through during puberty
- identify why our bodies go through puberty
- develop coping strategies to help with the different stages of puberty
- identify who and what can help us during puberty
- identify ways to keep yourself and others safe in a range of situations online and offline

## Key Questions

How can I manage peer pressure?

How does immunisation prevent the spread of diseases?

How can I help someone who is bleeding?

How can I help someone who has a head injury?

What are the different types of abuse and who can I talk to if I need help?

How can we make and spend money?

What are the physical changes that happen during puberty?

How can we manage feelings and hygiene during puberty?

