

RSE Year 5	
Theme	Intended learning outcome
When I feel unsafe. Children learn that all forms of abuse are wrong. Children are informed about sources of information and support.	I can identify different types of abuse including bullying. I know that all types of abuse are wrong. I can identify trusted adults who can help when I have a worry or a question.
Watching and sharing videos online.	I can recognise the possible risks of using online video sharing platforms. I understand that not all video content should be shared with all audiences. I am aware of practical strategies to use on online video sharing platforms.
My feelings	I can communicate my feelings. I can talk about positive things about me. I recognise when I have positive emotions and when I feel sad or worried. I can reflect on my relationships with others and how they impact on my emotional wellbeing. I know who or where I can go to for support or if I have a worry or concern.
Secrets vs surprises	I can differentiate between a surprise and a secret. I can identify trusted adults to whom I could reveal a secret. I can demonstrate confidence when addressing an adult with a sensitive subject.
Families can change.	I can describe the different ways in which people can be a family. I can explain some of the ways families show that they care for each other. I recognise the range of emotions that young people may feel when parents separate and what friends can do to support them at that time.
How to manage change in families	I know that young people have rights to have their voice heard when parents separate. I can describe the range of emotions that young people may feel when parents separate. I can identify sources of support for the young people and explain how to access them.
Identity. Who I am	I recognise that there are similarities and differences between everybody. I know that different things contribute to our identity including our membership of different groups. I can describe my dreams and hopes and understand that aspirations are shared by children of all identities.
Challenging stereotypes	I can demonstrate respect for difference and communicate this to others. I know the meaning of the words 'stereotypes' and 'discrimination'. I know that it is wrong to tease or bully someone because they are different. I can develop strategies to support others who may encounter prejudice or discrimination.
Stereotyping in the community	I can recognise a wide range of different jobs. I understand what is meant by stereotypes and stereotyping. I can share my views and listen to the views of others.
Cyberbullying	I can define cyberbullying and recognise examples of it. I can give advice about how to prevent or stop cyberbullying
Can you trust everyone who contacts you online? Can you trust everything you see / read online?	I recognise that not everything online is trustworthy. I can recognise the differences between fact and opinion. I can make decisions on what I trust online.