



PSHE and RSE Knowledge Organiser

Year 5



Keeping and Staying Safe



Key Vocab

peer pressure
pressured influenced
encourage convince
negative positive
support network
advice action
high risk
low risk

By the end of the 'Peer Pressure' topic, I should know;

- ~ strategies we can use to keep ourselves and others safe
- ~ ways to manage peer pressure
- ~ the potential outcomes that may happen when we take risks (examples of risks-crossing the train tracks as it's a quicker way to get home/a friend dares you to throw a stone off a bridge and hit a car)
- ~ how to recognise the impact and possible consequences of an accident or incident

Keeping and Staying Healthy



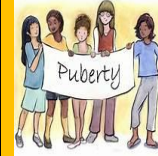
Key Vocab

cigarette/e-cigarette
nicotine addictive
tar tobacco smoke
Illegal diseases
respiratory problems
cancer banned
cardiovascular disease

By the end of the 'Smoking' topic, I should know;

- ~ some of the risks associated with smoking and I can name the addictive ingredient found in cigarettes, e-cigs etc
- ~ how smoking can affect your immediate and future health and wellbeing (it's addictive, can stain your teeth, can lead to respiratory diseases, cancer and cardiovascular disease)
- ~ why someone might start and continue to smoke (to look 'cool', to make you look older, to break the rules and feel in control, because friends and family do it)
- ~ how to identify and use skills and strategies to resist any pressure to smoke

Growing and Changing



Key Vocab

puberty hormones
physical changes
emotional changes
periods
sanitary products
vagina breasts
ovaries pubic hair
body odour
penis testicles
semen gender

By the end of the 'Puberty' topic, I should know;

- ~ what puberty means (a special time of change when children become teenagers or young adults)
- ~ why our bodies go through puberty (puberty prepares our bodies for conception)
- ~ coping strategies to help with different stages of puberty
- ~ who and what can help us during puberty

Being Responsible



Key Vocab

witness
bullying
considerate
appropriate
unkind
responsible

By the end of the 'Looking out for others' topic, I should know;

- ~ why we should take action when someone is being unkind
- ~ what caring and considerate behaviour is, including the importance of looking out for others
- ~ why it is important to behave in an appropriate and responsible way
- ~ that making some choices can impact others' lives in a negative way



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Feelings and Emotions



Key Vocab

manage
annoyance
displeasure
hostility frustrated
affect benefit
permission
relaxation

By the end of the 'Anger' topic, I should know;

~ that everyone experiences emotions and that these can have physical effects on our body, both pleasant and unpleasant
~ that feelings can be communicated with or without words
~ that we can choose how we act on our emotions and understand that our choices and actions can affect ourselves and others
~ a range of strategies to help control and manage unpleasant/uncomfortable emotions, such as anger (deep breaths, counting to 10, writing a diary, listening to music, talking to somebody, going for a walk, taking time out)

Computer Safety



Key Vocab

image pressure
acceptable
friendship
apps/applications
illegal naked
delete
embarrassing
media influenced
representation

By the end of the 'Image Sharing' topic, I should know;

~ reasons for sharing images online and I can list these (make friends, keep in touch with friends/family who live further away)
~ safety rules to follow when sharing images online (think carefully before an image is posted)
~ the positive and negative consequences of sharing images online
~ the possible influences and pressures to share images online

The Working World



Key Vocab

enterprise
attitudes
saving spending
budget
successful
future
prioritised
target audience

By the end of 'Enterprise' topics, I should know;

~ the reasons why people might want to save money
~ the ways in which I can help out at home
~ how to budget for items that I would like to buy (save pocket money each week)
~ some ways to make money and the early stages of enterprise (selling toys you no longer play with, planning a fundraising event for school/charity)

A World without Judgement



Key Vocab

Inclusion
acceptance
strengths goals
diversity diverse
unique community
judgements
discrimination
disability
nationality gender
sexual orientation

By the end of the 'Inclusion and Acceptance' topics, I should know;

~ some of the ways in which we are different and unique (different interests, different family backgrounds, different accents, different body shapes, different heights, different cultural backgrounds, different attitudes)
~ some of the elements which help us to have a diverse community
~ strategies to overcome barriers and promote diversity and inclusion