



ST. ALBAN'S
CATHOLIC PRIMARY SCHOOL
LEAD THE WAY

JOURNEY IN LOVE

YEAR FIVE

AIM: TO SHOW A KNOWLEDGE AND UNDERSTANDING OF HOW WE GROW IN AWARENESS OF THE PHYSICAL AND EMOTIONAL CHANGES THAT ACCOMPANY PUBERTY, SENSITIVITY, MOOD SWINGS, ANGER, BOREDOM ETC, AND GROW FURTHER IN RECOGNISING GOD'S PRESENCE IN OUR DAILY LIVES

Social and Emotional

Show knowledge and understanding of emotional relationship changes as we grow and develop

Physical

Show knowledge and understanding of the physical changes in puberty

Spiritual

Learning to celebrate the joy of growing physically and spiritually

Journey in Love	DFE guidance
Families and people who care for me	<ul style="list-style-type: none">• Stable, caring relationships, which may be of different types, are at the heart of happy families and important for children's security as they grow up
Caring friendships	<ul style="list-style-type: none">• How important friendships are in making us feel happy and secure• How people choose and make friends• The characteristics of friendship: mutual respect, truthfulness, loyalty, kindness, generosity, trust, sharing interests and experiences, support with problems or difficulties• Healthy friendships are positive and welcoming towards others and do not make others feel lonely or excluded• Most friendships have ups and downs and these can often be worked through so that the friendship is restored or even strengthened• Resorting to violence is never right

Respectful relationships	<ul style="list-style-type: none"> • The importance of respecting others, even when they are very different from them, make different choices or have different preferences or beliefs • Practical steps they can take in a range of different contexts to improve or support respectful relationships • The conventions of courtesy and manners • The importance of self-respect and how this links to their own happiness • That in school and in wider society they can expect to be treated with respect by others and that in turn they should show respect to others, incl. to those in positions of authority • Different types of bullying (incl. cyberbullying), the impact of bullying, responsibilities of bystanders and how to get help • What a stereotype is and how stereotypes can be unfair, negative or destructive • The importance of permission seeking and giving in relationships with friends, peers and adults
Online relationships	<ul style="list-style-type: none"> • The same principles apply to online relationships as to face-to-face relationships, incl. the importance of respect • How to critically consider their online friendships and sources of information • Awareness of the risks associated with people they have never met • The rules and principles for keeping safe online • How to recognise risks, harmful content and contact, and how to report them
Being safe	<ul style="list-style-type: none"> • How to recognise and report feelings of being unsafe or feeling bad about any adult • How to ask for advice or help for themselves or others and to keep trying until heard • How to report concerns or abuse and the vocabulary and confidence to do so • Where to get advice • What sorts of boundaries are appropriate in friendships with peers and others • Each person's body belongs to them • Understanding the differences between appropriate and inappropriate contact