



Trinity Primary School – RHSE Knowledge Curriculum

Preparing for the demands of society for the future

Term: Spring 1		Year Group: 5		Topic: Relationships	
Key Vocabulary			Key Questions		
Personal attributes	The traits you naturally have that make you unique	<p>What online games do you like to play? Who do you play them with?</p> <ul style="list-style-type: none"> • Do you ever talk to people you don't know online? • How do you know if people you talk to online are really who they say they are? • What would you do if you saw or heard something online that made you feel uncomfortable? • How much screen time do you think you should have every day? • How shall we spend some special family time? 			
Self-esteem	Confidence in one's own worth or abilities; self-respect				
Negative self-talk	Any inner dialogue you have with yourself that may be limiting your ability to believe in yourself and your own abilities				
Peer pressure	Influence from members of one's peer group.				
Influences	The capacity to have an effect on the character, development, or behaviour of someone or something, or the effect itself.				
Privacy	The right to be let alone, or freedom from interference or intrusion				
Links to HEART and British Values			Wider World Events		
<p>HEART</p> <p>Health – physical and mental Respect – for myself and others</p>		<p>British Values</p> <p>Individual liberty Respect and tolerance Rule of Law</p>		<p>Safer Internet Day</p>	
Assessment					
Working towards		Working at		Working beyond	

<p>I can tell you about different types of friendship and ways these might change. I can also tell you some basic rules about how to stay safe when using technology to communicate with my friends.</p> <p>I can tell you why some feelings might lead to someone using technology to harm me or others.</p>	<p>I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.</p> <p>I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others.</p>	<p>I can justify why some people may use technology in ways that may be risky or harmful and explain how the feelings associated with different friendships may influence this.</p> <p>I can appraise different strategies that might help me or others stay safe online and to help resist the pressures to use technology in risky or harmful ways.</p>
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