



Relationships, Sex and Health Education
UKS2: Years 5 & 6

Theme	Year 5 Lessons	Year 6 Lessons	Key vocabulary
1. Caring Friendships	<ul style="list-style-type: none">• What can we form and maintain positive friendships?• How might we overcome difficulties in friendships?• What is bullying?• What might cause somebody to become a 'bully'?• What is a stereotype?	<ul style="list-style-type: none">• How might friendships change and develop?• How do we manage friendships online?• How do I resolve conflict?	Vocabulary: friendship, relationship, problem, solution, strengthened, online, conflict, resolve, apology
2. Families and people who care for me	<ul style="list-style-type: none">• What does a 'family' look like?• Why might people choose to marry?• What are the different types of marriage?• What is the history of marriage in England?	<ul style="list-style-type: none">• How can I deal with grief?• Why might family relationships make us feel unhappy?• What can we do about this?	Vocabulary: Marriage, civil partnerships, choice, religion, legal, wedding, grief, feelings, loss, change, death, problem, support
3. Respectful Relationships	<ul style="list-style-type: none">• What is self-respect?• How does self-respect impact on our decision-making and our happiness?	<ul style="list-style-type: none">• How can respect be won and lost?• How can I improve relationships?• What is anti-social behaviour?• What is prejudice and discrimination?• How can we value diversity?	Vocabulary: Stereotype, discrimination, bullying, self-respect, prejudice, decisions, relationships, attributes
4. Being safe	<ul style="list-style-type: none">• What is the PANTS rule?• How do I stay safe online?• How do I form my own opinions based on what I read online?	<ul style="list-style-type: none">• What is the PANTS rule?• What is the difference between free speech and hate speech?• What is digital citizenship?	Vocabulary: Safe, online, grooming, citizenship, emotional

	<ul style="list-style-type: none"> • What is emotional manipulation? 	<ul style="list-style-type: none"> • What is online grooming? 	<p>manipulation, opinions, biased</p>
5. Health and Well Being	<ul style="list-style-type: none"> • Why is rest important? • What does 'embracing failure' mean? • How can I set goals for myself? • How do I take responsibility for my own feelings and actions? • What changes do I go through during puberty? • Year 5 Girls' Menstruation nurse session: • How do I administer first aid to somebody if they are bleeding? 	<ul style="list-style-type: none"> • What changes do our bodies go through during puberty? • <i>How do humans reproduce? School nurse session: opt-out option.</i> • How can I work towards my long-term goals? • How can I use mindfulness to manage my emotions? • What resilience strategies can I use to handle difficult situations? • How do I take responsibility for my health? • How do I administer first aid to somebody if they are choking? 	<p>Vocabulary: rest, responsibility, feelings, actions, puberty, pubic hair penis, vulva, vagina, breasts, hormones, sperm, egg, fertilisation, reproduction, menstruation, period, first aid, mindfulness, health, administer, resilience, emotions, strategies</p>
6. Economic Well Being	<ul style="list-style-type: none"> • How can we look after money? • Why is budgeting important. • How can income change and affect a family? 	<ul style="list-style-type: none"> • What are my human rights? • How does British government work? • Transition to High School 	<p>Vocabulary: value, transition, human rights, government, democracy, national, budget, education, human rights, responsibility</p>