

Year 5 Term 3

PSHE

### How can friends communicate safely?



How to recognise risk in relation to friendships and keeping safe.

About the types of content (including images) that is safe to share online; ways of seeking and giving consent before images or personal information is shared with friends or family.

How to respond if a friendship is making them feel worried, unsafe or uncomfortable.

How to ask for help or advice and respond to pressure, inappropriate contact or concerns about personal safety.

#### Long-term Memory Knowledge:

Name some of the relationships you have, e.g. parents, siblings, friends.

Name some of the ways you stay in touch with the people who matter to you - both on and offline – and what some of the advantages and disadvantages of each are.

Name some ways in which knowing someone online differs from knowing someone face-to-face.

Know some of the risks involved in different sorts of friendships.

Know what should and shouldn't be shared online and how to ask for and give consent.

Name some sources of help and support if you are worried about a friendship.

Name some strategies to help you respond appropriately to peer pressure.

#### Key Vocabulary

<b>relationship</b>	the way in which two or more people feel and behave towards each other
<b>communicate</b>	share or exchange information, news or ideas
<b>pressure</b>	the use of persuasion and intimidation to make someone do something
<b>consent</b>	to give permission for someone to do something

#### National Curriculum Links:

To be aware of different types of relationship, including marriage and those between friends and families, and to develop the skills to be effective in relationships.

That pressure to behave in an unacceptable or risky way can come from a variety of sources, including people they know, and how to ask for help and use basic techniques for resisting pressure to do wrong;

#### Essential Prior Learning:

That there are different kinds of relationships between members of society.

Know some of the qualities of a positive relationship, e.g. you feel safe, comfortable.

Know some of the signs of an unhealthy relationship, e.g. you do not feel safe, something about it worries you.

#### Progression in Skill:

About the different types of relationships people have in their lives.

How friends and family communicate together; how the internet and social media can be used positively.

How knowing someone online differs from knowing someone face-to-face.

#### Relevance

<b>Now</b>	Know that relationships are not the same for everyone. Know what to do if a friendship makes you feel unsafe or uncomfortable.
<b>Future</b>	Support and stand up for those around you to understand their relationships and what to do if they feel pressure to behave in ways they know are wrong.
<b>Aspiration</b>	Become a counsellor to help people come to decisions about their own relationships.