

Tuesday 9th December

Dear Year Five Parents and Carers,

Personal, Social and Health Education for the Spring Term

In the next term, children will be continuing with their PSHE lessons in school. We will be learning about 'Keeping Safe' and 'Rights and Respect'.

There is no sensitive or optional content in the lessons.

Below is a summary of the lessons that children will be covering.

Spot Bullying

In this lesson, children will revisit the definition of bullying as 'the intentional hurting of a person or a group by another person or group where the relationship involves an imbalance of power.' Children will learn that bullying can occur in both the real world and online. They will develop strategies to deal with both face-to-face and online bullying (cyberbullying). They will discuss how to support others who are targeted by a bully.

Play, like, share

In this lesson, children will consider what information it is safe or unsafe to share in real world and online scenarios. They think about the consequences of sharing personal information and will explore how to protect their personal information. Children will learn that people are not always who they appear to be online and that online friendships can be risky. Children will learn how to recognise and respond to disrespectful online behaviour.

Vaping: healthy or unhealthy?

In this lesson, children will identify that vaping is a method to inhale the drug nicotine. They will learn some of the health risks caused by vaping and will explore that there are further health risks that are not yet fully known. Children

will develop critical thinking skills when reading information and will explore that companies selling vaping products do so to make money.

What's the story?

In this lesson, children will identify and discuss how a health and wellbeing issue has been represented in the media. They will explore a range of different reports on the issue and will explore the idea of fake news, misinformation and disinformation. The impact of artificial intelligence (AI) will also be addressed.

Rights, respect and duties

In this lesson, children will explore the differences between responsibilities, rights and duties. Children will discuss why it can sometimes be hard to carry out a duty and the consequences or impact of failing to uphold our responsibilities.

Mo makes a difference

In this lesson, children will learn about taking action. They will find out about voluntary, community and pressure or action groups. Children will consider why someone might choose to belong to a group and will find out about examples of voluntary groups, the kind of work they do and its value.

If you have any questions about the upcoming PSHE lessons or wish to view the materials that will be used, please speak to your child's class teacher.

Mrs Collins

PSHE Subject Leader