**Owning our Learning Charter (LC)**

How democracy and having a voice benefits the school community and how I can participate in this.

Why the school community benefits from a LC.

**My Year Ahead**

Face new challenges positively and know how to set new goals.

Know what I value most about my school.

Identify my hopes for this school year.

**Being Me In My World**

**Year 5 PSHRE**

**Learning Charter (LC)**

Understand how an individual’s behaviour can impact on a group. Contribute to the group and understand how we can function best as a whole.

**Rewards and consequences**

Make choices about my own behaviour because I understand how rewards and consequences feel.

Understand that my actions affect me and others.

**Responsibilities**

Understand my rights and responsibilities as a citizen of my country and as a member of my Empathise with people in this country with people whose lives are different to my own.

school.

**Being A Citizen Of My Country**

Understand my rights and responsibilities as a citizen of my country.

Empathise with people in this country with people whose lives are different to my own.

**Celebrating differences across the world**

Understand a different culture from my own.

Respect my own and other people’s cultures

**Types of Bullying**

Explain the difference between direct and indirect bullying.

Know ways to encourage children who use bullying behaviours to make other choices, and know how to support children who are being bullied.

**Does Money Matter?**

I can compare my life with people in the developing world.

I can appreciate the value of happiness regardless of material wealth

**Rumours and Name Calling**

Understand how rumour spreading and name calling can be bullying behaviours.

Tell you a range of strategies for managing my feelings in bullying situations and for problem solving when I’m part of one.

**Racism**

Understand what racism is.

Be aware of my attitude towards people of different races.

**Different Cultures**

Understand that cultural differences sometimes cause conflict.

Be aware of my own culture.

**Celebrating Difference**

**How Can We Support Each Other**

Communicating with someone from a different culture means we can learn from each other.

Identify a range of ways that we could support each other.

I appreciate the similarities and differences in aspirations between myself and young people. in a different culture.

**When I Grow Up**

Understand I will need money to achieve some of my dreams.

Identify what I would like my life to be like when I grow up.

Dreams

**Dreams and Goals**

**Year 5 PSHRE**

**Rallying Support**

Encourage my peers to support young people here and abroad to meet their aspirations (sponsorship).

Understand why I am motivated to make a positive contribution to supporting others.

**Dreams and Goals of Young People in Other Cultures**

Describe the dreams and goals of young people in a culture different to mine.

Reflect on how these relate to m y own.

**My Dream Job**

Identify a job I would like to do and know what I need to do to achieve it.

Appreciate the opportunities that learning and education are giving me and understand how this will help me. to build my future.

**Investigate jobs and careers**

Know about a range of jobs and explore how much people earn in different jobs.

Appreciate the contributions made by people in different jobs.

**My Relationship with Food**

Describe the different roles food plays in people’s lives and explain how people can develop eating problems(disorders) relating to body image pressures.

I respect and value my body.

**Alcohol**

I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart.

Make informed decisions about whether or not I chose to drink alcohol and know how to resist pressure.

**Healthy Me**

I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy.

I am motivated to keep myself healthy and happy.

**Body Image**

I understand how the media, social media and celebrity culture promotes certain body types.

I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am.

**Emergency Aid**

I can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations.

I know how to keep myself calm in emergencies.

**Smoking**

I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.

I can make an informed decision about whether or not I choose to smoke and know how to resist pressure.

**Healthy Me**

H

**Relationships and Technology**

Explain how to safe when using technology.

Recognise and resist pressures to use technology in ways that may be risky or cause harm to myself.

**Safety with Online Communities**

Understand belonging to an online community can have positive/negative consequences.

Recognise when an online community feels unsafe or uncomfortable.

**Recognising Me**

I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities.

Know how to keep building my self-esteem.

**Relationships**

**Year 5 PSHRE**

**My Relationship with Technology**

Recognise when I’m spending too much time with devices.

Identify things I can do to reduce screen time.

**Online Gaming**

Know their rights and responsibilities when playing a game online.

Recognise when an online game is becoming unhelpful/unsafe.

**Being In An Online Community**

Understand rights and responsibilities in an online community/social network.

Recognise when an online community is helpful or unhelpful to me.

**Looking Ahead (1)**

Identify what I’m looking forward to about becoming a teenager and understand this brings growing responsibilities.

I am confident that I can cope with the changes that growing up will bring.

**Looking Ahead (2)**

Identify what I am looking forward to when I move to my next class.

Think about changes I will make next year and how to do this.

**Puberty for Girls**

Explain how a girls’ body changes during puberty and know that menstruation is a natural part of this.

Know that I have strategies to cope with the physical changes

**Self and Body Image**

I am aware of my own self-image and how my body image fits into that.

Know how to develop my own self-esteem.

**Puberty for Boys**

Describe how boys’ bodies change during puberty

Express how I feel about the changes that will happen to me.

**Changing Me**