Year 5 Jigsaw PSHE content Summer Term 1 Relationships

This half term, our PSHE covers the topic 'Relationships'. Below, details the content that will be taught in your child's year group. If you wish to discuss the content and resources of this curriculum, please do not hesitate to contact your teacher.

Please be aware that class discussion may lead to questions arising outside of the planned content below. Please be assured questions will be answered in a sensitive, factual, age-appropriate manner although some questions may be directed to discussion at home.

Relationships	
Lesson 1	**Recognising Me** This lesson will allow children to think about who they are as a person in terms of their characteristics and personal qualities. They will find out what is meant by self-esteem, why it is important, and think about ways to keep building their self-esteem.
Lesson 2	**Safety with online communities** This lesson will look at the positive and negative consequences of belonging to an online community. The children will think about how to recognise when an online community feels unsafe or uncomfortable, and use different scenarios to consider why some online activities have an age limit.
Lesson 3	**Being in an online community** Children will learn about rights and responsibilities in an online community or social network. They will identify trusted sources of support if they need advice about being online or want to report abuse.
Lesson 4	**Online gaming** Children will learn about rights and responsibilities when playing a game online. They will identify ways to recognise when an online game is becoming unhelpful or unsafe. The children will use different scenarios to think about ways to make online gaming safer.
Lesson 5	**My relationship with technology: Screen Time** Children will look at recognising when they are spending too much time using devices (screen time) and identify things they can do to reduce screen time so that their health is not affected. The lesson will consider the impact of screen time on physical and mental health
Lesson 6	**My relationship with technology: Staying safe and happy online** Children will be able to explain how to stay safe when using technology to communicate with their friends. They will recognise and know how to resist pressures to use technology in ways that may be risky, or may cause harm to themselves or others. The lesson will cover the concept of 'grooming' and recap the fact that unknown people online cannot be trusted to be who they say they are.