

Year Five

2. Me & My Relationships: Relationship dilemmas

- Children will explore a variety of different relationships (family/friendships/ romantic).
- Children will consider how it might feel to have romantic feelings or a crush on someone and what it means to have a boyfriend or girlfriend.
- Children will explore peer pressure to have a partner even at this age and what the unwritten rules of having a partner might be.
- Children will understand that romantic relationships are something they can choose and should never feel pressured to have. They should be built on qualities of mutual respect and should help them feel good about themselves.

Some children at your age may decide that they would like to have a boyfriend or girlfriend, they may start to have romantic feelings for people they have never had before. This may feel confusing and this is perfectly normal. It is also OK to feel like this is something you're not ready for too. This is not immature, knowing your own mind is never immature. You should never feel pressured into having a relationship. You get to choose. Make sure that any friendships are based on mutual respect, make you happy and feel good. Relationships should never make you feel bad or be a secret.

3. Me and My Body: Puberty (2) My private parts

- Children will be informed of the physical and emotional changes that take place during puberty for both girls and boys including menstruation.
- Children will have the opportunity to ask questions and discuss their worries regarding puberty.
- Children will be informed of their own personal anatomy and the development of their genitals, including wet dreams, erections, self-stimulation and menstruation.

So now you know more about all of the amazing changes that will take place during puberty and all about how our privates work. Well done for being so grown up and mature. Remember puberty isn't a race or competition and is definitely not something to poke fun at one another about. We need to be understanding to one another because everyone has worries when it comes to puberty. So it is important to be supportive to one another.

5. Me, My Choices and Personal Boundaries: Good & bad secrets

- Children will have an opportunity to review their Early Warning Signs.
- Children will explore the difference between good and bad secrets and which should not be kept.
- Children will be able to think about their support networks and who they can talk to if they need help.
- Supports key messages from the Protective Behaviours Taking Care Programme.

1. All About Me: Purple, not just pink & blue

- To help promote positive expectations, aspirations and identities for both girls and boys.
- Children will be given the opportunity to explore the physical and behavioural differences between boys and girls.
- Children will learn to challenge the gender stereotypes and social assumptions.

Today we explored what we expect girls and boys to be like. But we realised that just because you happen to be a girl or a boy doesn't automatically mean you have to like certain things or can't do certain things, girls and boys don't all fit neatly in the same box, and you can grow up to do anything you want to do.

4. Me, My Thoughts, Feelings & Behaviours: How my behaviour impacts others

- Children will better understand how their own and others behaviours can impact on the people around them.
- Children will have the opportunity to consider how people's behaviours might be influenced by their feelings and try to understand the reasons for this.
- Children will explore other options and behaviours that may be safer or more considerate to the people around them.

Today we demonstrated the way we behave can affect the people around us. Sometimes when people have big feelings they might not be able to manage them and might take their frustrations out on others. Whilst it is important to say sorry, it only really means something if we change our behaviour to make sure we don't end up making the same mistakes again. Remember if we are struggling we can always ask for help from our support networks.

Secrets can be fun and exciting but they can also leave us feeling confused or scared. Some secrets should never be kept, especially if they make us feel unsafe. We can share our concerns with safe adults from our networks.