

PSHE – Year 5

Relationships

Children learn about the importance of self-esteem and ways this can be boosted. This is important in an online context as well as off-line, as mental health can be damaged by excessive comparison with others. This leads onto a series of lessons that allow the children to investigate and reflect upon a variety of positive and negative online/ social media contexts including gaming and social networking. They learn about age -limits and also age-appropriateness. Within these lessons, children are taught the SMARRT internet safety rules and they apply these in different situations. Risk, pressure and influences are revisited with a focus on the physical and emotional aspects of identifying when something online or in social media feels uncomfortable or unsafe. Children are taught about grooming and how people online can pretend to be whoever they want. Rights, responsibilities and respect are revisited with an angle on technology use. Screen time is also discussed and children find ways to reduce their own screen time. This Puzzle aims to help children to be more discerning when viewing anything online or on social media.

Key vocabulary

Attributes – a quality belonging to a particular person or thing

Self-esteem – feeling good about yourself

Unique – the only one of its kind

Social media - websites and apps that allow people to interact with others, or create and share content

Social network – sites that allow individuals to exchange messages, share information, and, in some cases, cooperate on joint activities

Grooming - when someone builds a relationship, trust and emotional connection with a child or young person so they can manipulate, exploit and abuse them

Troll – to send menacing or upsetting messages on social networks, chat rooms, or online games

Gambling - to bet money or other things on the way a game, race, or other event will end

Mending Friendships

	Stop Think about how you're feeling. Angry? Upset? Disappointed? Let down? Try to calm these feelings so you can think about what's gone wrong.
	Get Ready Look at each other's point of view. Listen to how the other person sees it. Talk calmly about how you see it. Work out what's gone wrong.
	Mend The Friendship Say sorry if you need to (even if it's hard). Agree how to put it right. Do something fun together. Have a special 'make friends' sign, gesture or phrase (touch little fingers, say "make friends, make friends...").

Questions for family learning

- What online games do you like to play? Who do you play them with?
- Do you ever talk to people you don't know online?
- How do you know if people you talk to online are really who they say they are?
- What would you do if you saw or heard something online that made you feel uncomfortable?
- How much screen time do you think you should have every day?
- How shall we spend some special family time?