**Progression of skills: PSHEE Year Five**

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| National Curriculum | * Non Statutory subject
 |
| Being me in my world | Planning the forthcoming yearBeing a citizenRights and responsibilitiesRewards and consequencesHow behaviour affects groupsDemocracy, having a voiceParticipating  |
| Celebrating differences | Cultural differences and how they can cause conflictRacismRumours and name-callingTypes of bullyingMaterial wealth and happinessEnjoying and respecting other cultures |
| Dreams and goals | Future dreamsThe importance of moneyJobs and careersDream job and how to get thereGoals in different culturesSupporting others (charity)Motivation  |
| Healthy me | Smoking, including vapingAlcoholAlcohol and anti-social behaviourEmergency aidBody imageRelationships with foodHealthy choicesMotivation and behaviour |
| Relationships | Self-recognition and self-worthBuilding self-esteemSafer online communitiesRights and responsibilities onlineOnline gaming and gamblingReducing screen timeDangers of online groomingSMARRT internet safety rules |
| Changing me | Self and body imageInfluence of online and media on body imagePuberty for girlsPuberty for boysConception (including IVF)Growing responsibilityCoping with changePreparing for transition  |
| Support |  |
| More Able |  |