**Progression of skills: PSHEE Year Five**

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| National Curriculum | * Non Statutory subject |
| Being me in my world | Planning the forthcoming year  Being a citizen  Rights and responsibilities  Rewards and consequences  How behaviour affects groups  Democracy, having a voice  Participating |
| Celebrating differences | Cultural differences and how they can cause conflict  Racism  Rumours and name-calling  Types of bullying  Material wealth and happiness  Enjoying and respecting other cultures |
| Dreams and goals | Future dreams  The importance of money  Jobs and careers  Dream job and how to get there  Goals in different cultures  Supporting others (charity)  Motivation |
| Healthy me | Smoking, including vaping  Alcohol  Alcohol and anti-social behaviour  Emergency aid  Body image  Relationships with food  Healthy choices  Motivation and behaviour |
| Relationships | Self-recognition and self-worth  Building self-esteem  Safer online communities  Rights and responsibilities online  Online gaming and gambling  Reducing screen time  Dangers of online grooming  SMARRT internet safety rules |
| Changing me | Self and body image  Influence of online and media on body image  Puberty for girls  Puberty for boys  Conception (including IVF)  Growing responsibility  Coping with change  Preparing for transition |
| Support |  |
| More Able |  |