



Year 5 – PSHE KCV – Relationships



Key skills to learn:

- Understand my personal qualities and characteristics; know how to keep building my own self-esteem.
- Know how to make new friends and how to manage fall outs.
- Understand how it feels to be attracted to someone; recognise and manage the feelings of jealousy.
- Understand and explain how to stay safe when using technology to communicate with my friends.
- Recognise and resist pressures to use technology inappropriately.

SMSC Links:

Social – Work with friends to resolve conflict- compromise and negotiate.

Moral – Correct ways to use and behave online within the community.

Spiritual – Respect and value my own personal qualities and characteristics; continue to build on personal self-esteem.

Cultural – Understand and accept feelings of attraction and recognise everyone has their own personal qualities, character traits and cultural differences

Words to know and spell (Tier 2 Vocabulary)

Appreciation	Debate	Qualities
Denial	Hopelessness	Acceptance
Strategy	Depression	Boyfriend/Girlfriend
Admire	Anger	Comfortable

Words to understand and spell (Tier 3 Vocabulary)

Attributes	A quality, feature or part of someone.
Self-Esteem	Confidence in your own worth or ability (self-respect).
Characteristics	A feature or quality belonging to a person, place or thing.
Negotiate	Try to reach an agreement or compromise by discussion.
Empathise	Understand and share the feelings of another.
Compromise	An agreement by each side to settle a dispute.
Attraction	Interest or liking for someone or something, appeal.
Pressure	Use of persuasion/intimidation to make someone do something.
Body-Language	Communicating feelings through how the body is moving.
Jealousy	Being envious, bitter – desire to have/be/do something.
Vulnerable	More likely to be attacked or harmed physically or emotionally.
Identity	The characteristics determining who or what a person/thing is.

Concept check questions. Test yourself:

- What are your personal qualities and characteristics?
- What does friendship mean to you? What makes friendship successful?
- Why and when might you decide to have a boyfriend/girlfriend?
- How might you feel if you were 'jealous'? How can we be sure of whom we are talking to online? What concerns would you have about your information being posted onto the internet? What have you shared?