

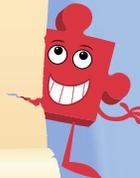
*Knowledge*

- I know how to face new challenges positively
- I know how to set personal goals
- I understand my rights and responsibilities as a British citizen
- I understand my rights and responsibilities as a member of my school
- I understand how rewards and consequences feel
- I understand how an individual's behaviour can impact on a group
- I understand how democracy and having a voice benefits the school community and know how to participate in this
- I understand why our school community benefits from rules



**The Jigsaw! Charter**

- We take turns to speak
- We use kind and positive words
- We listen to each other
- We have the right to pass
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**Article 38**  
Governments should not allow children and young people under 16 years old to join the army. Children and young people in war zones should receive protection.

**Article 39**  
If you have been neglected or abused you should get special help to get back their confidence and your self-respect.

**Article 40**  
If you are accused of breaking the law you should get legal help. Prison should only be used for the most serious crimes.

**Article 41**  
If the laws of a country protect children and young people better than the ones in this convention, then those laws must stay.

*Key Vocabulary*

British citizen

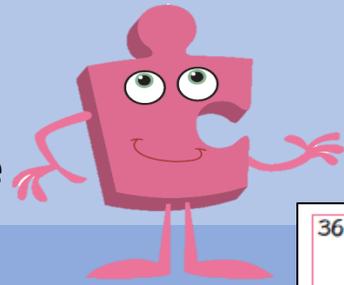
choice

roles

responsibility

community

laws

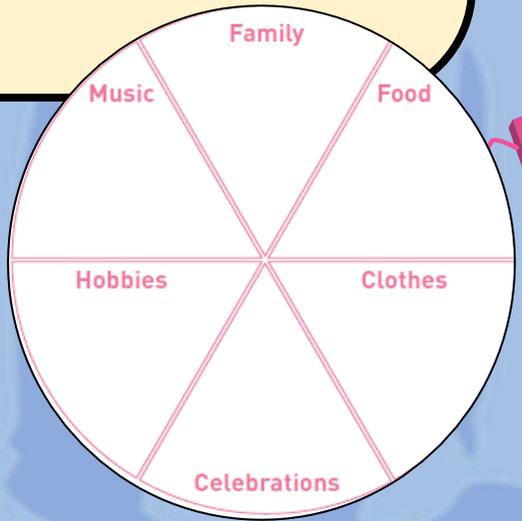


*Knowledge*

I understand that communicating with someone in a different culture means we can learn from each other

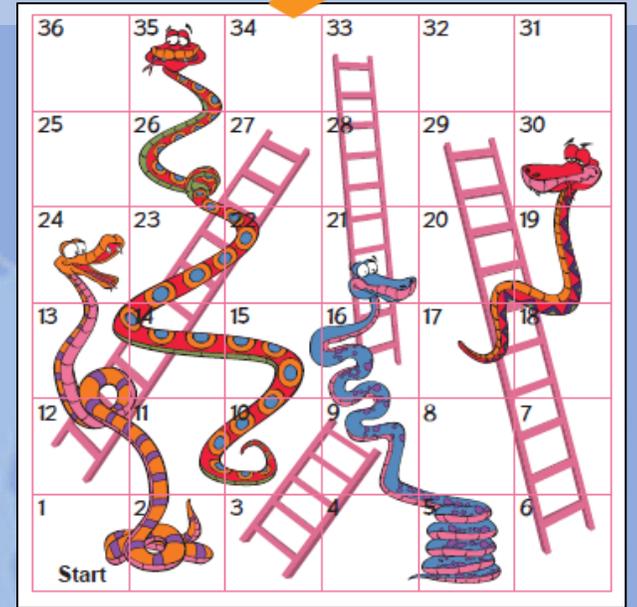
I am aware of my own culture

I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied



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*Key Vocabulary*

 respect	 culture	 race
 bullying	 choice	 support



Knowledge

I understand that I will need money to help me achieve some of my dreams

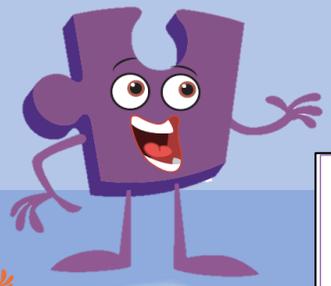
I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs

I can describe the dreams and goals of young people in a culture different to mine

I know the type of job I would like to do when I grow up and can understand what would motivate me and what I need to do to achieve it

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Singer 	Office worker 
Pilot 	Vet 
Train driver 	Farmer 

Key Vocabulary

 support	 appreciation
 opportunity	 contribution



**PSHE Knowledge Organiser**  
**Year 5**  
**Term 4: Healthy Me**



*Knowledge*

I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart

I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart

I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations

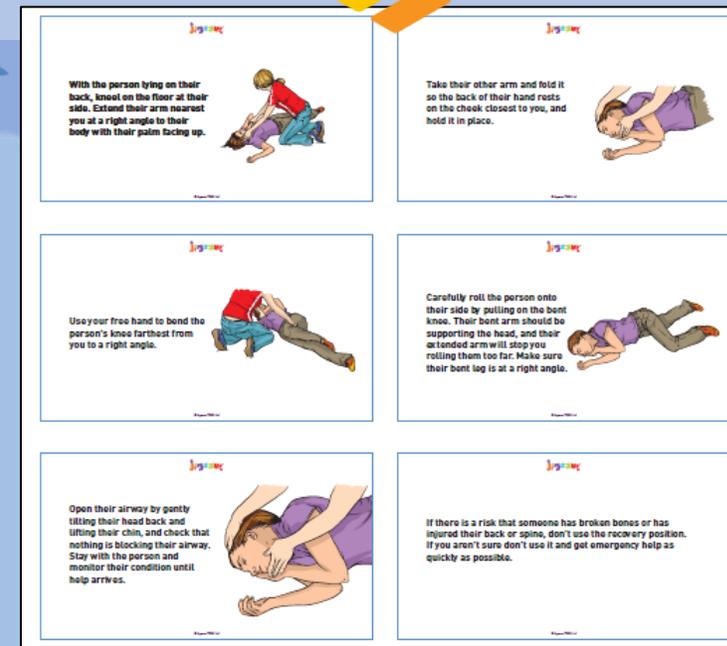
I understand how the media and celebrity culture promotes certain body types  
I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures

I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy

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Alcohol is a drug	Alcohol slows down the brain and changes the way people think and behave	Drinking too much alcohol in a short space of time can lead to alcohol poisoning, which can be fatal
Alcohol can be addictive	More young people choose not to drink than those that do	Anti-social behaviour can be caused because of people drinking alcohol
The liver has to work harder than it needs, to remove alcohol from the blood	There are recommended healthy limits about how much alcohol is safe to drink	Alcohol increases heart rate, and can cause heart damage if it is drunk regularly



**With the person lying on their back, kneel on the floor at their side. Extend their arm nearest you at a right angle to their body with their palm facing up.**

**Take their other arm and fold it so the back of their hand rests on the cheek closest to you, and hold it in place.**

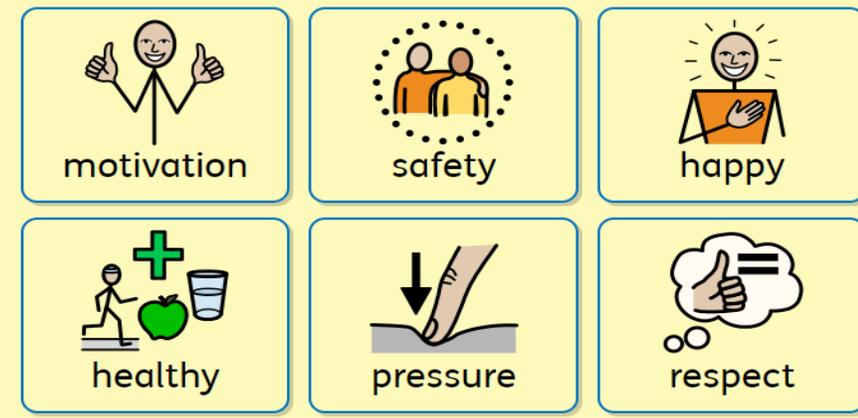
**Use your free hand to bend the person's knee farthest from you to a right angle.**

**Carefully roll the person onto their side by pulling on the bent knee. Their bent arm should be supporting the head, and their extended arm will stop you rolling them too far. Make sure their bent leg is at a right angle.**

**Open their airway by gently tilting their head back and lifting their chin, and check that nothing is blocking their airway. Stay with the person and monitor their condition until help arrives.**

**If there is a risk that someone has broken bones or has injured their back or spine, don't use the recovery position. If you aren't sure don't use it and get emergency help as quickly as possible.**

*Key Vocabulary*



**motivation**

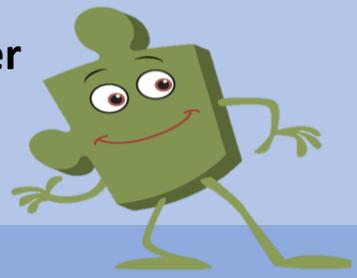
**safety**

**happy**

**healthy**

**pressure**

**respect**



*Knowledge*

I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends

I know how to stay safe when using technology to communicate with my friends and can explain this

I understand that relationships are personal and there is no need to feel pressured into having a boyfriend/girlfriend

I know I can love and be loved

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Safe

Unsafe

I'm not sure

I lik ur pic U L%k fleek

Thnx ☺ Do I no U?

How old R U?

10

U L%k older more ilk 16

Thnx ☺ How old R U?

I'm 12. Wats yor name?

Abby

I'm Clare. Can we PM I want some fashion tips? U R so flecky What school do U go 2?

Molinx Academy

Gr8. I go 2 St Robyns. Can we PM now?

*Key Vocabulary*



resist



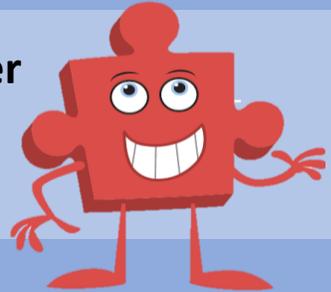
negotiate



self-esteem



communication



Knowledge

I am aware of my own self-image and how my body image fits into that

I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally

I can describe how boys' and girls' bodies change during puberty

I understand that sexual intercourse can lead to conception and that is how babies are usually made

I also understand that sometimes people need IVF to help them have a baby

I understand that puberty is a natural process that happens to everybody and that it will be ok for me



The Jigsaw! Charter

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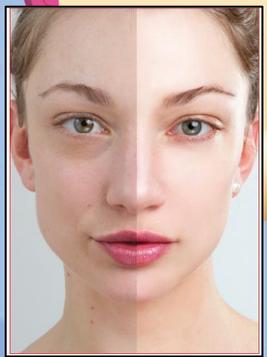
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If a couple makes love, it doesn't necessarily mean they will have a baby.	True	If people want to make love but not start a baby they can use various forms of contraception to stop the sperm and the egg meeting. Also, there are many days each month when there is no egg in the fallopian tube for the sperm to fertilise, and even when fertilised the egg might not successfully implant itself in the womb.
Fertilisation happens when the sperm meet the egg in the vagina.	False	Fertilisation normally happens in the fallopian tube, which carries the egg from the ovary towards the womb. If the egg is not fertilised when it reaches the womb it dies and passes out through the vagina, along with the extra womb lining that is not needed.
One of the first signs to tell a woman she is pregnant is that her periods stop.	True	The extra womb lining needs to stay in place as the embryo (the tiny growing baby) is implanted in it, so a woman does not have periods when she is pregnant. She may notice other changes, like starting to feel a bit sick at certain times of day. A doctor can test her urine to show whether she is pregnant, or she can buy a kit to do this for herself at home.
If two sperm fertilise one egg, it will form identical twins.	False	Only one sperm can fertilise an egg, then the egg seals itself to keep other sperm out. Identical twins are formed when one fertilised egg splits into two completely separate cells and each one grows into a baby - they are identical because they come from the same sperm and the same egg. If there are two eggs and each is fertilised by a different sperm they will form non-identical twins.
The baby is attached in the womb by a cord through which it gets oxygen and food from the mother.	True	A baby in the womb can't eat or breathe in the way we do, so the umbilical cord lets it collect the oxygen and nutrients that it needs from the mother's blood - so she is eating and breathing for the baby as well. Your belly button is where the cord was attached to you when you were in your mother's womb.
A woman can't have a baby unless she has sexual intercourse with a man.	False	If there are medical reasons that prevent a couple from having a baby in the usual way, there are things that doctors nowadays can do to help. Sperm can be artificially placed in the woman's vagina, or an egg can be taken and fertilised with sperm outside the body and then implanted in the womb. This is called IVF.

Key Vocabulary

body image

conception

puberty

consent

emotionally

sexual intercourse