

## Year 5 RHE topics

The following topics will be covered over the course of the year.

<i>Topic</i>	<i>Summary</i>
<b>Is God Calling You?</b>	Children will learn that God calls us to love others and ways we can participate in God's call for us to love others.
<b>Under Pressure</b>	Children will learn that pressure comes in different forms, and what some of those different forms are. They will also learn about strategies that they can adopt to resist pressure.
<b>Do You Want A Piece of Cake?</b>	Children will learn what consent and bodily autonomy means and discuss and reflect on different scenarios where it is right to say 'no'.
<b>Self-Talk</b>	Children will learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions. They will also learn to apply this approach to personal friendships and relationships.
<b>Sharing Isn't Always Caring</b>	Children will learn to recognise that their increasing independence brings increased responsibility to keep themselves and others safe. They will also learn how to use technology safely how to report and get help if they encounter inappropriate materials or messages.
<b>Cyberbullying</b>	Children will learn what the term cyberbullying means and examples of it, what cyberbullying feels like for the victim and how to get help if they experience cyberbullying.
<b>Types of Abuse</b>	Children will learn to judge well what kind of physical contact is acceptable or unacceptable and how to respond. They will also learn that abuse violates the rights of children and that there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests.
<b>Impacted Lifestyles</b>	Children will learn about the effect that a range of substances including drugs, tobacco and alcohol can have on the body, how to make good choices about substances that would have an impact on their health and that our bodies are created by God, so we should take care of them and be careful about what we consume.
<b>Making Good Choices</b>	Children will learn to consider how, as they get older, they may come under pressure when it comes to drugs, alcohol and tobacco. They will also learn that they are entitled to say "no" for all sorts of reasons, but not least in order to protect their God-given bodies.
<b>Giving Assistance</b>	Children will learn that the recovery position can be used when a person is unconscious but breathing and that DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance.

<b>The Holy Trinity</b>	Children will learn that God the Father, God the Son and God the Holy Spirit are the three persons of the Holy Trinity and that the Holy Spirit works through us to share God's love and goodness with others.
<b>Catholic Social Teaching</b>	Children will learn the principles of Catholic Social Teaching and that God formed them out of love, to know and share His love with others.
<b>Reaching Out</b>	Children will learn to apply the principles of Catholic Social Teaching to current issues and find ways in which they can spread God's love in their community.