

Year 5

What will my child be learning in this unit?

In this unit, children will learn to face new challenges positively, set personal goals and reflect on what they value about their school. They will explore their rights and responsibilities as members of the school and as citizens, including developing empathy and understanding for people whose lives may be different from their own. Children will learn how their behaviour and choices affect themselves and others, and how individual actions can influence the success of a group. They will develop skills in teamwork and cooperation, and learn about democracy, pupil voice and the importance of contributing to shared agreements such as the Learning Charter.

How to Support at Home

- Discuss goals and values: Ask your child about their hopes for the year and what matters most to them in school.
- Explore empathy and understanding: Talk about how people's lives can be different (e.g. where they live or what they have) and how we can show kindness and respect.
- Discuss choices and consequences: Encourage your child to reflect on how their actions affect themselves and others.
- Encourage teamwork: Provide opportunities to work together on tasks at home and talk about what makes teamwork successful.
- Talk about having a voice: Discuss how everyone can share ideas and be listened to when making decisions at home or in the community.

Simple Activity: "My Goals and Contributions"

1. Ask your child to write 2–3 personal goals for the school year.
2. Next to each goal, ask them to note one way they can help others or contribute positively at home, school or with friends.
3. Talk together about how their actions can support both their own success and the wellbeing of others.



Being Me In My World

Parent Support Guide

This guide helps parents support their children in exploring their own identity, understanding their feelings, recognising their strengths and goals, and learning how they belong in different groups, such as school, family, and the wider community. It also encourages children to develop responsibility, confidence, and a sense of fairness.



Celebrating Difference

Parent Support Guide

This guide helps parents support their children in learning about celebrating difference, inclusion and respectful relationships. Children explore how everyone is unique, develop empathy and kindness towards others, challenge stereotypes and bullying, and learn how respect, acceptance and understanding help create safe, welcoming and inclusive communities.



Year 5

What will my child be learning in this unit?

In this unit, children develop their understanding of culture, diversity and equality. They explore how different cultures, beliefs and experiences enrich our communities, learn about racism and discrimination, and consider how everyone can help create a welcoming and inclusive environment. Children also deepen their understanding of bullying, including direct and indirect bullying, and learn positive strategies for managing difficult situations. They compare life in different parts of the world, challenge stereotypes and recognise that kindness, respect and belonging are more important than material wealth.

How to Support at Home

- Celebrate different cultures: Talk about your family's traditions and learn together about cultures from around the world.
- Challenge discrimination: Discuss why racism and unfair treatment are wrong and encourage respectful conversations.
- Talk about bullying: Explore the difference between direct and indirect bullying and encourage your child to seek help if needed.
- Encourage gratitude: Talk about the people, experiences and opportunities that bring happiness, not just possessions.
- Promote inclusion: Encourage your child to welcome new people and appreciate different backgrounds and perspectives.

Simple Activity: "Celebrating Our World"

- 1) Choose a country or culture to learn about together.
- 2) Find out about its traditions, food, celebrations or daily life.
- 3) Talk about similarities and differences with your own family.



Dreams and Goals

Parent Support Guide

This guide helps parents support their children in learning about goals, aspirations and perseverance. Children explore how effort, resilience and teamwork help them overcome challenges, celebrate success and develop confidence in themselves and others.

Year 5

What will my child be learning in this unit?

In this unit, children explore how dreams and goals connect to real life, including money, jobs and the wider world. They learn that financial choices can affect people and the environment, and how to stay safe when spending money online. Children explore different careers, recognise their own strengths and understand that goals may change as they grow. They also develop global awareness by learning about the dreams of young people in different cultures and how working together to support others can make a positive difference.

How to Support at Home

- Talk about future life: Discuss what adult life might involve (work, money, responsibilities) and what your child might like for themselves.
- Discuss money choices: Talk about saving, spending, online spending and how choices can affect others and the environment.
- Explore jobs together: Look at different careers and discuss which skills or strengths might be useful.
- Encourage critical thinking: Ask questions about where online information comes from and whether it can always be trusted.
- Promote global awareness: Talk about life in different countries and how young people's aspirations may be similar or different.

Simple Activity: "My Life Choices Map"

1. Ask your child to imagine themselves as an adult and draw or write: what they might like to do for work; where they might like to live; what is important to them
2. Talk about how money might help achieve some of these goals.
3. Discuss how different choices (spending, saving, jobs) can affect other people and the environment.





Healthy Me

Parent Support Guide

This guide helps parents support their children in the *Healthy Me* unit of PSHE. Across the unit, children explore how to keep their bodies and minds healthy, make positive choices about food, exercise, rest, and personal hygiene, and understand how to stay safe in different situations. They develop awareness of how their actions affect their wellbeing, learn to manage feelings and peer pressure, and build confidence, resilience, and responsibility as they make healthy choices for themselves and others.

Year 5



What will my child be learning in this unit?

Children explore what it means to live a healthy lifestyle, including making informed choices about smoking, vaping, alcohol, healthy eating and physical activity. They learn basic emergency aid, including the Recovery Position, and how to stay calm in an emergency. Children also explore how media and social media can influence body image and food choices, developing a positive relationship with food, respect for their bodies, and confidence to resist pressure and make safe, healthy decisions.

How to Support at Home

- **Healthy lifestyle:** Encourage balanced meals, regular physical activity, good sleep routines and open conversations about wellbeing.
- **Substance awareness:** Discuss the health risks of smoking, vaping and alcohol, and how to respond to peer pressure.
- **Media awareness:** Talk about how social media, advertising and AI-edited images can influence body image and food choices.
- **Emergency skills:** Discuss what to do in an emergency and practise how to stay calm while getting help.
- **Promote positive choices:** Praise your child for making healthy, safe and respectful decisions, even when they are difficult.

Simple Activity: "Healthy Me Challenge"

1. Together, create a weekly plan including healthy meals, exercise, sleep and time to relax.
2. Discuss how your child could respond if they felt pressured to make an unhealthy choice or saw something misleading online.
3. At the end of the week, reflect on which healthy habits were easiest to keep and how they supported both physical and emotional wellbeing.



Relationships

Parent Support Guide

This guide helps parents support their children in the Relationships unit of PSHE. Across the unit, children explore how to build positive and safe relationships with family, friends, and others. They learn to recognise and manage emotions, develop empathy, communicate effectively, and resolve conflicts. Children also reflect on personal boundaries, appreciate the importance of trust and support networks, understand the impact of online interactions, and practise showing kindness, gratitude, and respect. The unit helps them build confidence, resilience, and social responsibility as they develop healthy, caring, and respectful relationships.



Year 5

What will my child be learning in this unit?

In this unit, children develop self-awareness and self-esteem while exploring how friendships and shared interests can support wellbeing. They learn about the benefits and risks of online communities, gaming and digital communication, recognising when online experiences become unsafe or unhelpful. Children develop an understanding of their rights and responsibilities online, including protecting personal information, respecting others, questioning online content and managing screen time. They also learn practical strategies for staying safe online and the importance of seeking help from a trusted adult if something worries them.

How to Support at Home

- **Build self-esteem:** Talk about your child's strengths and encourage positive self-talk.
- **Discuss online communities and gaming:** Explore the benefits and risks of social networks and online groups.
- **Encourage responsible use:** Discuss rights, responsibilities, and respectful behaviour online.
- **Manage screen time:** Help your child reflect on their device use and plan healthier offline activities.
- **Stay safe online:** Reinforce strategies for protecting personal information, questioning online content and seeking help if something feels wrong.

Simple Activity: "Online Safety Plan"

1. Ask your child to list online activities they do each day.
2. Discuss which are safe and helpful, and which might be risky.
3. Together, plan safe ways to use technology and set healthy limits.
4. Reflect: How can these choices help them feel safe and balanced online?



Changing Me

Parent Support Guide

This guide helps parents support their children in the *Changing Me* unit of Jigsaw PSHE. Across the unit, children explore how their bodies grow and change over time, including understanding the life cycles of humans and, in an age-appropriate way, the changes that happen during puberty. They learn to recognise and manage the feelings that can come with these changes, develop a positive understanding of themselves, and build confidence in talking about their bodies and emotions. The unit also supports children in understanding relationships, personal boundaries, and the importance of respect and privacy, helping them to feel prepared, reassured, and empowered as they grow and change.

Year 5

What will my child be learning in this unit?

In this unit, children learn about self-image and body image, and how these can influence self-esteem. They explore how thoughts, comparisons, and external influences (including media) can affect how we feel about ourselves, and how positive thinking and self-talk can support emotional wellbeing. Children also learn about growing up and the transition towards adolescence. They reflect on how life changes as they move closer to becoming teenagers, including increased independence and responsibility. They are also introduced to puberty, which is taught by the school nursing team, helping children understand that puberty is a natural stage of development that brings physical and emotional changes. Children explore how media messages can sometimes present unrealistic ideas about teenagers and growing up, and how to think critically about what they see and hear. They are supported to understand the importance of reliable information and trusted adults when managing change. The unit also reinforces strategies for coping with change and building resilience as they prepare for future transitions.

How to Support at Home

- **Talk about self-image:** Encourage your child to reflect on their strengths, achievements, and what makes them unique, and help them challenge negative self-talk.
- **Discuss media influence:** Talk about how media and online content can sometimes show unrealistic images or lifestyles, and encourage critical thinking.
- **Support conversations about change:** Reassure your child that mixed feelings about growing up and transition are normal, and encourage them to speak to trusted adults if they have worries.

Simple Activity: "Positive Me Reflection"

1. Ask your child to write or say one thing they like about themselves.
2. Turn a negative thought into a positive statement together (e.g. "I can't do it" → "I can try and improve").
3. Talk about one change they are looking forward to as they grow.