





Somerset Bridge Primary School  
Aspire - Brave - Care - Collaborate

# PSHE: Relationships

## Year 5: Summer 1

Key Vocabulary		✓
Self esteem	The confidence you have in your own worth	
Age-limit	An age you have to be to do something	
Social network	Websites and Apps used to communicate	
Consequences	The result of your decisions and choices	
Grooming	When someone builds a relationship with someone to manipulate them	
Trolled	To leave insulting messages on the internet or devices	
Mental health	The way you think and feel about yourself	
Personal information	Information which identifies who you are and where you live	
Vulnerable	Being weak and unprotected	

Key Topics		✓
I know my characteristics and personal qualities		
Positive and negative consequences of online communities		
I understand my responsibilities when online		
I have rights and responsibilities when gaming online		
I should have limits to screen time		
I can stay safe online		

Online Communities		✓
	Self esteem	
	Feeling unsafe or uncomfortable	
	Helpful and unhelpful online communities	
	Online gaming	
	Screen time	
	Recognising online pressures	

