

Our Safeguarding Curriculum in Year 5



Year 5 Core Knowledge

Keeping safe - What should I know?

- Children will understand how to keep the body healthy e.g. Oral hygiene and eating a balanced diet.
- Children will understand how to show respect and empathy towards others.
- Children recognise how to stay safe online and where to report the risks.

Keeping safe - What will I know?

- Children will understand that they are part of a community and have value.
- Children will understand that we are all different and that we must not discriminate against each other.
- Children will begin to explore their aspirations for the future and the setting of achievable goals.
- Children will understand how their bodies are developing and changing through puberty.

Our school intent

Oak Meadow Primary School acknowledges the duty of care to safeguard, protect and promote the welfare of children.

We are committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with Wolverhampton Local Authority's requirements and best practice.

Key facts

Children will understand the value of empathy and compassion: they will recognise that we are all different and no one should discriminate against anyone else based on their gender, sex, race or religion. Children will understand how to identify harmful content online and how to report incidents online. Children will grow an awareness of strategies that can maintain their physical and mental health.

Misconceptions

Incidents can always be solved, but sometimes it is easier to seek out a trusted adult to help come to be best resolution. Someone may act in an unkind way but this does not mean you should solve the problem with an unkind act as well. This makes you just as unkind as them.

Key Vocabulary	Pictoral	Definition
community		A group of people.
compassion	◎鱼	Showing concern and empathy for others.
discrimination	$\mathring{\uparrow}\mathring{\uparrow}\mathring{\uparrow}$	Treating people differ- ently to others based on different factors.
pre judice		A preconceived opinion that is not built on fact or opinion.
Physical health	ŵ	The condition of your body.
Mental health		A person's emotional well-being.
puberty	* *	When a child's body begins to develop into an adults.
respect	LO	Positive feeling or action shown towards someone.
ambition	Don't	A strong desire to do or achieve something.
career		A persons occupation with opportunity for progress.
stere <mark>o</mark> type		A mistaken idea or belief about a certain group of people.
risk		A situation involv- ing exposure to danger.

Key Safeguarding Knowledge Pictorial

Relationships



Discrimination



Community



.Online Safety



Puberty



Reporting





Growing and Changing

Within our PSHE lessons we will explore personal identity and what contributes to it, including: sex, gender, race and faith. Also, children will learn how to recognise and respect others for their individuality and personal qualities. Within our Science lessons, we will explore the stages of development and how our body changes through adolescence and puberty.

Online Safety

Through our PSHE and Computing lessons, we will learn how information online can be targeted and recognise how certain content can be stereotypical and harmful. To achieve this, children will learn how to identify the reliability of online sources and make mature decisions when accessing content online.

Physical and Mental Well-Being

Within our PSHE lessons, we will explore how sleep contributes to a healthy lifestyle and discuss strategies to maintaining a positive sleep routine and how to maintain this. We will also explore how we can maintain a healthy body and healthy mind through activities such as physical exercise, listening to music and reading.

Physical health and well-being

Within Year 5, as part of our Science, PE and PSHE curriculum, children will learn about the importance of maintaining positive physical and mental health. We will explore the development of the human body within our science lessons and look in more detail within our PSHE sessions about how to deal with these changes and explore their normality. As a part of our PSHE sessions and with the help our Year 5 Digital ambassadors we will explore the risks online and how to prevent exposing ourselves to harmful content as well as gaining an understanding of how to report incidents online when we feel uncomfortable. Finally, we will explore different types of relationships that are rooted in mutual respect. As a part of this, we will learn how to avoid discrimination and prejudice, explore how everyone should be treated equally no matter their: sex, gender, race or religion.

Safeguarding - Year 5

Relationships

Children will explore a variety of different relationships. Initially, children will look at managing friendships and peer influence: they will look at scenarios and how to act effectively to form positive friendships. Then, within PSHE, children will understand the boundaries involved with physical touch and how it is important to give consent and permission. Finally, our children will learn to respond respectfully to a wide range of people by recognising what pre judice and discrimination is.



Belonging to a Community

In our PSHE lessons, we will look at the importance of community and why it is important to be inclusive. We will also explore how to protect the environment and its importance. Finally, the children will explore compassion and why it is important to show care and empathy for others.

Assemblies

At the start of the school year, an assembly is shared with the children from the NSPCC's 'Speak Out, Stay Safe' campaign. Other assemblies include 'Anti Bullying Week' 'Mental Health and Wellbeing' and 'Health Week'. Each week, there is a wellbeing Wednesday assembly within classrooms and in our year group we provide opportunities for the children to share news and achievements. During the Autumn term, for Safer Internet Day the Year 5 Children (accompanied by the Digital Ambassadors) deliver an E-Safety assembly to the whole school outlining the risks that they may come across online and how to prevent and deal with these.

Living in the Wider World

In Year 5, children will identify jobs and aspirations that they may have in the future. The children will explore the role that ambition plays in achieving their goals and why someone may choose a certain career. Together, children will devise a plan on how to achieve their goals and aspirations.