

# Year 5 Pol-Ed Lessons

Curriculum Road Map

Strand one of the Pol-Ed curriculum for Year 5 focuses on strengthening pupils' ability to manage influence, set boundaries and stay safe online and offline. As their independence grows, strand two encourages pupils to think their online behaviour, risky situations and substances in an age appropriate way. Through strand three, they explore identity, the emotional changes linked to puberty and how personal choices affect wellbeing. This supports resilience, informed decision making and confidence during a period of significant change.

1

How can my adult relationships affect my future?

Why are our special people important?

How do rules help our community?

What are online friendships?

What is peer pressure?

What are my personal boundaries?

What is grooming?

How do words have power?



2

What are the risks with money?

What is gambling?

How can we keep our things safe?

What is media literacy?

What can and can't I do on the internet?

How can we use our phones sensibly?

What are deep fakes?

What is media influence?

What do I know about drugs?

3

What is my personal identity?

How might puberty impact the way I feel?

How might being online impact the way I feel?

How can drugs and alcohol make people feel?

How might school impact the way I feel?

How might my activity levels impact the way I feel?

