**Cambridgeshire Personal Development Programme • Years 5 and 6 Framework**

# Myself and My Relationships 14

## Beginning and Belonging (NB)

* How do we make sure we feel safe in our class and school?
* How do we build good relationships in our class?
* How do we make new people feel welcome and valued?
* How do I feel when I do something new?
* Which ways to calm down work for me?
* How do I solve problems?
* Who can I talk to when I need help?
* How can I help and support other people?

# Citizenship 11

* **Ground rules / class charters**
* **Children’s rights**
* **Conflicting rights and responsibilities**
* **Rules and laws in society**
* **Role of the police**
* **Local and national democracy**
* **Participation in class and school**
* **School and class councils**
* **Social and moral issues**

## Rights, Rules and Responsibilities (NB)

* How can I contribute to making and changing rules in school?
* How else can I make a difference in school?
* Are there places or times when I have to behave differently?
* What are the basic rights of children and adults?
* Why do we have laws in our country?
* How does democracy work in our community and in our country?
* What do councils, councillors, parliament and MPs do?
* Can I take part in a debate and listen to other people’s views?

# Myself and My Relationships 15

* **Ground Rules / class charters**
* **Responsibilities**
* **Belonging**
* **New experiences**
* **Managing emotions**
* **Calming down**
* **Problem solving**
* **Network of support**

## My Emotions (GTBM)

* What am I good at?
* What do I find difficult?
* What do I feel proud of about myself?
* How do I manage strong emotions?
* What can I do when I realise I’m in a bad mood?
* How do I recognise how other people feel and respond to them?
* How do I cope when I disagree with someone?
* How and from whom do I get support when things are difficult?

# Myself and My Relationships 16

## Family and Friends (GOFO)

* **Changing networks**
* **Respecting difference**
* **Sustaining friendships**
* **Anger management**
* **Family patterns**
* **Influences and pressures**
* **Different perspectives**
* **Cooperation**
* **Network of support groups**
* Who is in my network of relationships and how has it changed?
* How can I develop new friendships and maintain existing ones?
* In what way is it positive to have differences between people?
* What different kinds of families are there?
* How can I manage some of the pressures on my relationships?
* Who do I get support from and how do I support others?

# Citizenship 9

* **Self awareness**
* **Feelings, thoughts, behaviour**
* **Mental health and what affects it**
* **Mood changes**
* **Worry and anxiety**
* **Managing strong feelings**
* **Empathy**
* **Calming down**
* **Assertiveness**
* **Making informed choices**
* **Assessing risk**
* **Networks of support**

## Working Together (GFG)

* What are my strengths and skills and how are they seen by others?
* What helps me learn new skills effectively?
* What would I like to improve and how can I achieve this?
* How could my skills and strengths be used in future employment?
* What are some of the jobs that people do?
* How can I be a good listener to other people?
* How can I share my views effectively and negotiate with others to reach agreement?
* How can I persevere and help others to do so?
* How can I give, receive and act on sensitive and constructive feedback?

# Citizenship 10

## Diversity and Communities

* What makes up my ‘identity’ and that of other people?
* What are the different identities locally and in the UK?
* How can I show respect for different views, lifestyles and beliefs?
* What are the negative effects of stereotyping?
* What groups and communities am I part of?
* Who works for the good of the community and how can I help?
* What are voluntary organisations and how do they make a difference?
* What is the role of the media and how does it influence me and my community?
* Who cares for the environment and what is my contribution?

# Myself and My Relationships 17

## Anti-bullying (SNTB)

* Can I define bullying?
* Do I understand why a person or group of people may feel the need to have power over another person or group of people?
* Can I respond to bullying and seek support where necessary?
* How can bullying affect people’s behaviour and wellbeing?
* How might people’s responses to bullying improve or worsen a situation?
* Can I identify ways of preventing bullying in school and the wider community?

# Economic Wellbeing 3

## Financial Capability

* What different ways are there to gain money?
* What sort of things do adults need to pay for?
* How can I afford the things I want or need?
* How can I make sure I get ‘value for money’?
* Why don’t people get all the money they earn?
* How is money used to benefit the community or the wider world?
* What is poverty?
* **Types of bullying including bullying related to race. religion or culture**
* **Homophobic bullying**
* **Physical, mental and emotional wellbeing**
* **Peer pressure**
* **Roles in bullying**
* **Strategies for dealing with bullying including assertiveness**
* **Cyberbullying**
* **Community cohesion**
* **Sources of support**
* **Earnings and deductions**
* **Self perception and self evaluation**
* **Developing skills**
* **Steps towards goals**
* **The world of work**
* **Effective communication**
* **Chairing group discussions**
* **Negotiation and debate**
* **Problem solving and perseverance**
* **Influence of the media**
* **Evaluation**
* **Wants and needs**
* **Range of jobs**
* **Budgeting**
* **Debt and credit**
* **Financial planning (including insurance and pensions)**
* **Making choices**
* **Managing feelings about money**
* **Poverty**
* **Role of charities**

# Healthy and Safer Lifestyles 18

* **Diversity in communities**
* **Community cohesion**
* **Challenging stereotypes**
* **The community and roles in it**
* **Voluntary, community, charitable and pressure groups**
* **The media**
* **Environmental issues**
* **Sustainability**

## Managing Risk

* When might it be good to take risk?
* What are the different consequences of taking physical, emotional and social risks?
* How risky are different situations?
* When am I responsible for my own safety?
* How can I keep myself and others safe?
* How can I get the attention of an adult if I need to?
* Where can people go for help?
* How can I help people who need support?
* Can I carry out basic first aid?

# Healthy and Safer Lifestyles 19

## Safety Contexts

* How can I stay safe on the roads as cyclist or pedestrian?
* How do I keep myself safe in the sun?
* How can I stay safe in my home?
* How can I stay safe near railways?
* What helps to make school a safe place?
* How can I prevent accidents?
* **Positive and negative aspects of risk taking**
* **Consequences and degrees of risk**
* **Personal responsibility for safety**
* **Risk reduction strategies**
* **Getting help**
* **Sources of support**
* **Basic first aid**
* **Road safety**
* **Sun safety**
* **Cycle safety**
* **Railway safety**
* **Electrical safety**
* **Health and safety rules in school**
* **Preventing a wider range of accidents**

# Healthy and Safer Lifestyles 22

## Drug Education

* **Legal and illegal drugs**
* **Effects of drug use**
* **Essential use of medicines**
* **Misuse of substances**
* **Staying safe around risky substances**
* **Influence of friends and media**
* **Reliable information**
* **First aid**
* What do I know about medicines, alcohol, nicotine, solvents and illegal drugs and how they affect people who use them and others?
* How does drug use affect the way a body or brain works?
* How do medicines help people with a range of illnesses?
* What does misusing a drug mean?
* What are some of the laws about drugs?
* What risks should I look for around substances?
* How do my friends influence my behaviour and decision making?
* How and why do companies advertise drugs?
* When and how should I check information I am given?

# Healthy and Safer Lifestyles 23

* **Personal safety**
* **Acceptable and unacceptable physical contact**
* **Secrets and promises**
* **Networks of support**
* **Trusted adults**
* **Organisations that help**
* **Assertiveness**
* **Managing pressure**
* **Domestic violence**
* **E-Safety**

## Personal Safety

* When am I responsible for my personal safety?
* What can I do to help keep myself safer?
* How can I act to show I’m assertive?
* When should I keep a secret for myself or for a friend?
* Who is now in my network of support and how is it changing?
* When and how should I ask for help?

# Healthy and Safer Lifestyles 20

## Sex and Relationships Education

* What are male and female sexual parts called and what do they do?
* What happens to the bodies of boys and girls when they reach puberty?
* What influences my view of my body?
* How can I keep my growing and changing body clean?
* How can the spread of viruses and bacteria be stopped?
* What is HIV?
* **Names of sexual parts**
* **Puberty**
* **Physical change**
* **Menstruation**
* **Developing body image**
* **Changing hygiene routines**
* **Viruses and bacteria**

# Healthy and Safer Lifestyles 24

## Sex and Relationships Education

* **Human lifecycle**
* **Sexual reproduction**
* **Changing emotions**
* **Responsibility for others**
* **Love and marriage**
* **Families**
* How are babies made?
* How can I express my feeling positively as I grow up?
* When am I responsible for how others feel?
* What should adults think about before they have a baby?
* What are families like?

# Healthy and Safer Lifestyles 21

## Healthy Lifestyles

* What does being healthy mean and what are the benefits?
* Why is a varied and balanced diet important?
* How can I achieve a healthy energy balance?
* How does physical activity help me?
* How can I plan, prepare and cook healthy meals safely?
* What or who influences me when I’m making lifestyle choices?
* How am I responsible for a healthy lifestyle?
* **Effects and benefits of healthy eating and physical activity**
* **Eatwell plate**
* **Basic food hygiene**
* **Lifestyle and leisure choices**
* **Physical and mental health**

# Myself and My Relationships 18

## Managing Change (R,C)

* **Range of changes**
* **Coping with loss**
* **Emotions involved**
* **Sources of support**
* **Bereavement and family change**
* **Friendship change**
* **Transition between schools**
* **Outcomes of change**
* **Coping with challenges**
* **Managing risk**
* **Supporting others**
* What different changes do we or might we experience?
* How will I feel if I lose something or someone or if things change?
* How have I been affected by changes I have already experienced?
* How are my friendships and relationships changing?
* In what different ways do people grieve?
* How might I or other people behave when we are living through change?
* How might I feel when I move to another school?

**SEAL Links: NB=New Beginnings; GOFO=Getting on and falling out; SNTB=Say no to bullying; GFG=Going for goals; GTBM=Good to be me; R=Relationships; C=Changes**

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