Christ the Sower Ecumenical Primary School

PSHE
Knowledge Organiser

Year 5 – Summer 1
Relationships

Year 5
PSHE

Focus Question: How can I build positive, healthy relationships?

Key Vocabulary

self-esteem	How I value and feel about myself.
online community	People connected through an online space.
age restriction	A minimum age set to help protect users.
privacy	Keeping personal information protected.
grooming	When someone builds trust to exploit a child.
trolling	Posting hurtful or upsetting messages online.
screen time	Time spent looking at device screens.

Key Learning

- I can recognise and value my personal qualities.
- I know online groups can have positive and negative effects.
- I understand rights and responsibilities in social networks.
- I can recognise risks and age limits in online games.
- I can notice when screen time affects my wellbeing.

Relationships in Action



Know my strengths

Personal qualities are more than online approval.



Online rights

Keep personal information private and seek support.



Find balance

Too much screen time can affect sleep and friendships.

Remember and Try

- Be respectful and careful in online spaces.
- Check age limits and tell an adult about risks.
- Balance device use with rest and offline activities.

End Point

I can value my personal qualities, participate responsibly online, recognise digital risks and manage screen time for my wellbeing.