

Grade Five and Six

Respectful Relationships

Key Focus for Year 5–6 Teachers:

At this stage, students are developing greater independence, social awareness, and empathy. The focus is on emotional regulation, respectful peer relationships, managing stress, and understanding diversity and fairness in broader social contexts.

Core Learning Objectives:

1. Emotional Literacy

- Recognise and describe a wide range of emotions in themselves and others.
- Explore the link between thoughts, emotions, and behaviours.
- Understand how emotions influence decision-making and the formation of relationships.

2. Personal Strengths

- Identify personal strengths and how they help in learning, leadership, and relationships.
- Reflect on how different strengths are valuable in different situations.
- Support peer feedback that highlights strengths and contributions.

3. Positive Coping

- Explore a range of positive coping strategies and evaluate their effectiveness.
- Learn to choose appropriate responses to challenging emotions or events.
- Begin setting personal goals and developing resilience.

4. Problem-Solving

- Develop a deeper understanding of steps in problem-solving and decision-making.
- Practice assertive communication and empathy when resolving peer conflict.
- Apply strategies to real-world social scenarios.

5. Stress Management

- Recognise early signs of stress and how stress affects the body and brain.
- Use strategies like mindfulness, reflection, physical activity, or talking to others.
- Understand that everyone experiences stress differently.

6. Gender and Identity

- Explore stereotypes, gender roles, and media messages.
- Learn to respect personal identity and diversity.
- Encourage inclusive thinking and challenge unfair treatment.

7. Positive Relationships

- Examine respectful vs. disrespectful behaviours in friendships and groups.
- Discuss power, fairness, inclusion, and loyalty.
- Learn about healthy boundaries and consent in age-appropriate ways.

8. Help-Seeking

- Encourage confidence in asking for help and supporting peers to do the same.
- Identify trusted adults and support networks at school and in the community.
- Reduce stigma around seeking support for emotional or social issues.



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Tips for Teaching at Years 5 - 6 Level:

- **Make connections to the real world:** Students thrive when lessons are tied to relatable experiences and current events.
- **Use group work and discussion:** Encourage dialogue, peer feedback, and collaborative reflection.
- **Challenge stereotypes and bias:** Use media literacy, real-world examples, and student-led discussions to build critical thinking.
- **Practice emotional vocabulary:** Model and encourage the use of rich emotional language.
- **Foster safe sharing:** Build trust in the classroom so students feel safe discussing challenges and asking for help.

Years 5–6 is All About:

- Understanding emotions & their impact
- Using strengths to build resilience
- Practising respect & inclusion
- Resolving conflict with empathy & assertiveness
- Seeking support for yourself & others

