

PSHE Year 6 – Autumn term



Personal

We learn about our **feelings** and **emotions**, our **families**, our **behaviour** and its consequences.



Social

We learn about **healthy friendships**, how to work and play with others and what it means to be part of a **community**.



Health

Health – We learn about making **healthy choices** for both our **body** and **mind**. We learn about how to **be safe** at home, at school, in the wider world and **online**. We learn about how our **bodies change** as we grow.



Economic

Economic – We learn about different types of **jobs** and how to earn and look after our **money**.



Key vocabulary

- commitment
- marriage
- civil partnership
- blackmail
- confidential
- diversity
- self-esteem
- ethnicity
- attraction
- declaration
- constructively
- threat

Relationships

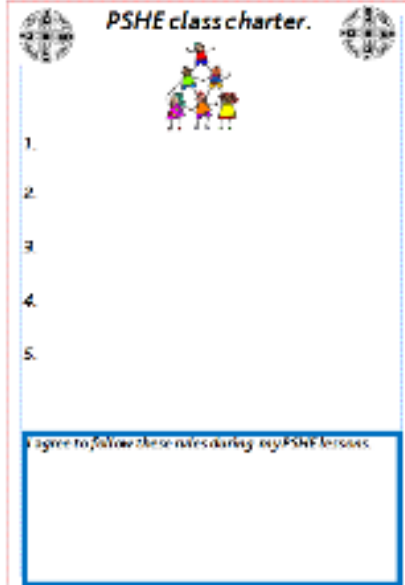
Families and friendship – Safe relationships – Respecting ourselves and others

Useful Books

- The Dot—Peter H Reynolds Little Mouse and the Red Wall—Britta Teckentrup
- Kindness—Jamie Thurston

Useful Websites

- BBC Teach <https://www.bbc.co.uk/teach> BBC Bitesize <https://www.bbc.co.uk/bitesize/clips/zqsjpv4>
- Childline <https://www.childline.org.uk/>
- NSPCC <https://www.nspcc.org.uk/keeping-children-safe/>
- Internet matters <https://www.internetmatters.org/>



We have all created our own class charters to use during our PSHE lessons.

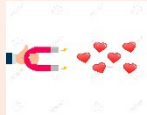


Relationships Year 6



Families and friendships

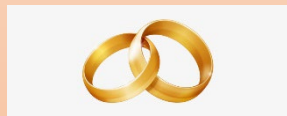
Key Facts



- People can be **attracted** to, and **love**, people of any **gender, ethnicity** or **faith**.



- Everyone has a **right** to be loved.
- People can show their **love** and **commitment** to each other in lots of different ways.



- This can include **marriage** and **civil partnerships** which are legal declarations of commitment made by two adults.
- People have the **right to choose** if they want to get married, and who they want to get married to.
- To **force** anyone into marriage is illegal.

Safe Relationships

Key Facts

- **Peer pressure** can be **positive** when it helps to challenge or motivate you to do your best.
- It can also cause people to put themselves in **danger, doubt themselves** and lead to low **self-esteem**.
- This can include '**challenges**' or '**dares**' online.



- One of the biggest signs of an **unhealthy relationship** is one which makes you feel **bad** about yourself rather than **good** about **yourself**.
- **Threats** or **blackmailing** are signs of an **unhealthy relationship**.
- **Consent** is giving **permission** for something to happen or an agreement to do something.
- It is important to understand **how** to **give/not give consent** in different situations, and also how to ask for it.

- It is important to know who you would talk to if you are **unhappy** or **uncomfortable** about one of your relationships.

- Remember to use the **PANTS** rules to stay safe.



Respecting ourselves and each other.

Key Facts

- We can all **make choices** about how we act and behave.



- Making **positive choices** helps make you a **positive role model** to others.



- We **do not** all have to **agree** with someone else's opinions but we must take time to listen to them **respectfully**.

- Through effective use of **discussion skills**, we can **constructively challenge** points of view that we disagree with, both in person and online.

