



PSHE Year 6 – Summer 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

- grief
- conception
- conceive
- embryo
- fertilised egg
- sperm
- foetus
- placenta
- uterus
- committed
- relationship
- pregnancy

Health and well being

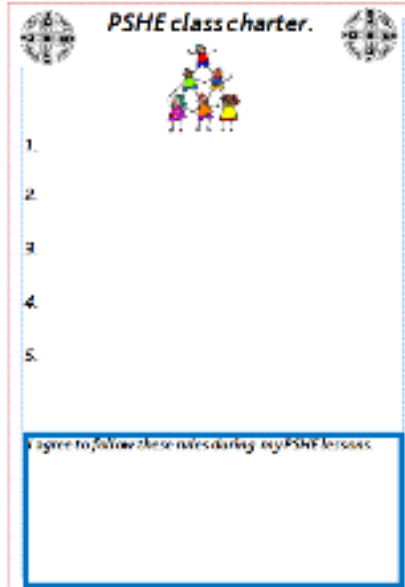
Physical health and mental wellbeing – Growing and changing – Keeping safe

Useful Books

- 'A Monster Calls' - Patrick Ness
- 'Hair in Funny Places' - Babette Cole

Useful Websites

- PSHE association - <https://pshe-association.org.uk/resources-landing>
- BBC teach- <https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-operation-ouch-how-are-babies-made-puberty/zghnf82>



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

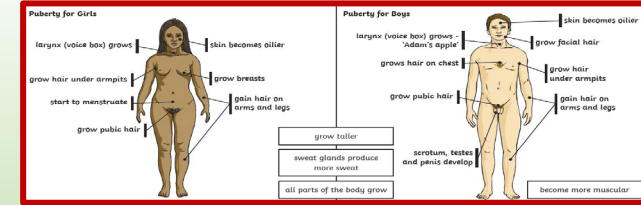


Health and Wellbeing - Year 6



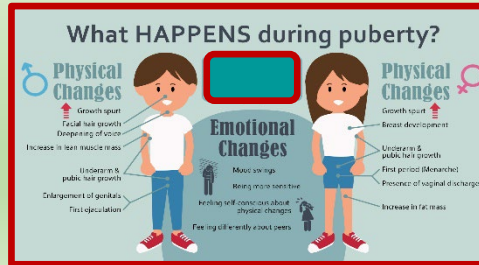
Growing and changing – Puberty - Key Facts

- ❖ Puberty is part of the human life cycle.
- ❖ It is the process of growing into an adult and becoming able to reproduce.
- ❖ Puberty usually starts between the ages of 8 and 14
- ❖ **Testosterone** is the **hormone** that causes most of the **changes** in a boy's body during puberty.
- ❖ **Oestrogen** is the **hormone** that causes some of the **changes** in a girl's body during puberty.



Girls: - breasts, vulva, vagina - start to **develop breasts**. - have **periods** (menstruate)
 - **grow hair** in their armpits and around their pubic areas - have **oilier skin** - **get taller** - **change** body shape
 - **greasier hair** - sweat more/body odour - change of **emotions**.

Boys: - testicles, penis, scrotum - start to have **erections** or '**wet dreams**' - their voices '**break**' (deepen)
 - start to grow **facial hair** - **grow hair** in their **armpits** and around their **pubic areas** - have **oilier skin**
 - **get taller** - **change** body shape - **greasier hair** - sweat more/body odour - change of **emotions**



Life changes - Key Facts



- ❖ As we grow up there will be many **changes** to our **bodies** and our **life experiences**.
- ❖ We will be given more **independence** more **responsibilities**.
- ❖ We are about to go to **secondary school** and this will affect our feelings and emotions.
- ❖ Our **friendships** may **change** as we grow up or move to secondary school.
- ❖ It is important to have some **practical strategies** in place that can help you to manage these **times of change** and **transition** e.g. practising the bus route to secondary school.
- ❖ Changes could mean **feelings** of **loss** and **grief**. We could have **conflicting** feelings.
- ❖ People **grieve** in different ways.
- ❖ It is important to **talk** to **someone** you trust about your feelings.

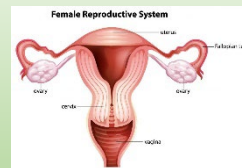
Relationships - Key facts



- ❖ We can experience **different** kinds of **love** between our friends and family.
- ❖ As we get **older** we may find that we become **attracted** to another person.
- ❖ We can be attracted to someone's looks, their personality, their sense of humour, their values, their kindness.
- ❖ You may find that you are attracted to someone who likes the same things as you.
- ❖ This attraction can lead you to **fall in love** and the start of a **committed relationship**.
- ❖ When in a **committed relationship** you may want to get married, have a civil partnership, live together.
- ❖ Adults in a committed relationship often have an **intimate relationship**.
- ❖ Sexual intercourse can be part of this **relationship** between **consenting** adults
- ❖ **Sexual intercourse** can lead to the couple **making a baby together**. The female becomes **pregnant**.

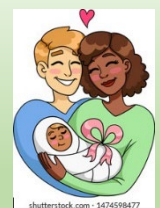
Growing and changing – Sexual Intercourse - Key Facts

- ❖ Sexual intercourse happens between two consenting adults.
- ❖ **Pregnancy** occurs when a sperm meets an egg and the egg becomes **fertilised**.
- ❖ The fertilised egg settles into the lining of the **womb** and develops into an **embryo**.
- ❖ It develops into a **foetus** in the **womb** and is nourished by the mother, through the **placenta**.
- ❖ It takes **40 weeks** for the **baby** to develop in the **uterus**.
- ❖ **Contraception** is the use of certain methods or techniques to **prevent pregnancy**.



Growing and changing Key Facts

- ❖ Having a child is a big **responsibility**.
- ❖ Having a baby **changes** a parents/carers life.
- ❖ Babies and children need lots of looking after.





Health and Wellbeing - Year 6



Physical health and Mental Wellbeing



Key facts

- ❖ On average children aged between 7 – 12 need around 10 – 11 hours of **sleep** each night.
- ❖ Children need around 1 hour of moderate **exercise** every day.
- ❖ **Balancing** time **online** with other activities helps to maintain **positive health/wellbeing**.
- ❖ Switching my **phone off** at **night**, **leaving it downstairs** at night, not having my phone at the dinner table or when watching tv with family and friends are ways to manage time spent online and foster positive habits.

Mental Health and Well being - I know that:

Mental health is just as important as physical health and that both need looking after.

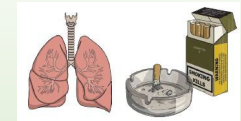
Anyone can be affected by mental ill-health and that difficulties can be resolved with help and support.

- ❖ **Negative experiences** such as feeling lonely or being bullied can affect mental wellbeing.
- ❖ You can't always choose **what** happens, but you can **choose** how to **react**.
- ❖ **Perseverance, effort** and **practice** are the keys to success.
- ❖ Thinking **positive thoughts** can make you a happier, more confident person.
- ❖ **Mistakes** are proof we are trying and **help us learn**.
- ❖ There is always an opportunity to **learn something new**.
- ❖ **Concentrating** on our **breathing** can help us relax.
- ❖ **Smiling and laughing** can actually improve your mood.
- ❖ It is **OK** to feel **sad, angry or anxious** – they are normal feelings – but we can learn how to **cope** with them more effectively.
- ❖ Making others happy can **improve** our own levels of **happiness**.
- ❖ We can **listen** to our **negative thoughts** and acknowledge them, then **swap** them for **positive thoughts**.
- ❖ One **small positive thought** in the morning can change your whole day.
- ❖ It is **healthy** to focus on your **achievements** so far and to have goals for the future.
- ❖ **Exercise** releases feel-good chemicals into our brains.
- ❖ Getting **enough sleep** and **eating healthily** are good for our minds and bodies.
- ❖ **Choices** we make have **consequences** that affect us and others.
- ❖ Using your senses to **focus on your surroundings** are great ways to practise **mindfulness**.
- ❖ You can train yourself to apply a **growth mindset** to all that you do.
- ❖ Our **thoughts, feelings and behaviours** are all linked and affect one another.
- ❖ It's good to get **help** and **support** when you are trying to deal with difficult emotions.



Keeping safe – Drugs and alcohol

Key Facts



- ❖ **Smoking** cigarettes **damages** the **lungs**.
- ❖ It is illegal to smoke cigarettes under the age of 18 in the UK.
- ❖ In the UK, you have to be **18** or above to buy **alcohol**.
- ❖ **Alcohol** slows down your reaction time and can **affect** your **mood**.
- ❖ A **drug** is any substance that has an **effect** on your body when it enters your system.
- ❖ **Drugs** contain **chemicals** which can come from natural sources or are man-made.
- ❖ **Legal** drugs include medicines like cough syrup and substances like tea or coffee. These can be bought over the counter in shops or **prescribed** by a doctor.
- ❖ **Illegal** drugs are also called **recreational drugs**. Unlike medicines, which are used to **treat illness or disease**, these drugs are taken by **choice**.
- ❖ They are **illegal** to buy, take or sell.
- ❖ People who sell drugs are known as '**drug dealers**' and they are **criminals**.
- ❖ We have **choices** about what we put in our **bodies**.
- ❖ **Autonomy** means to be **free** from the **control** or **influence** of others.
- ❖ You can say no and there are lots of ways to do this.
- ❖ If you are concerned about **drugs** and alcohol talk to a **trusted adult** or contact a **helpline**.



Internet safety - **S.M.A.R.T** internet safety rules.

- S** Keep personal information **safe**. Do not give things away like your full name, passwords, school or home address.
- M** If someone you *only know online* asks you to **meet** up, for your personal information, pictures or videos then tell a trusted adult straight away.
- A** Think carefully before you click on, open or **accept** anything online, as you never know what it might lead to.
- R** Remember not all information you have seen/read online is **reliable**. You cannot trust everything you see or read.
- T** **Tell** a trusted adult if something or someone ever makes you feel upset, worried or confused.
- ❖ **Cyberbullying** is just as bad as any other bullying and must be reported straight away to stop it. **CEOP** is where to **report** any **online bullying or abuse** you might experience.
- ❖ **Photos, videos** and **comments** we **post** on **social media** are impossible to completely delete.
- ❖ You have to be **13** to have a **Facebook, Twitter, Instagram** or **Snapchat** account and **16** to have a **WhatsApp** account.

