

Y6 PSHE CURRICULUM

6	Autumn		Spring		Summer	
	Families and people who care for me	Caring Friendships	Online Relationships	Respectful Relationships	Being Safe	Mental Wellbeing
Key Questions	<p>Understand the importance of respecting the differences between families</p> <p>Reflect on your role within your family and how you can positively contribute to family life</p>	<p>To develop strategies for managing conflict within friendship groups and when to seek help</p> <p>To recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary</p>	<p>Begin to understand how information and data is shared and used online</p> <p>Understand that the same principles apply when communicating online as in real life (regarding respect and kindness), even when communicating anonymously</p>	<p>Consider physical and emotional behaviour in relationships and the importance of permission seeking and giving</p> <p>Learn strategies to improve or support courteous, respectful relationships</p>	<p>Know where to get advice and report concerns if worried about their own or someone else's personal safety</p>	<p>Understand that many people experience mental ill health at some point in their lives and the importance of seeking support immediately</p> <p>Recognise how to judge whether their feelings or behaviour is appropriate</p>
Vocabulary	<p>advice, agree, anxious, argue, behaviour, blended families, care, commitment, committed, confidence, confidential, conflict, dangerous, disagree, ending, fall out, family, family life, family structure, friendship, foster parents, help,</p>	<p>honest, influence, kept, living apart, living together, love, negative, peer, polite, positive, pressure, relationship, relationships, relatives, resist, resolution,</p>	<p>achieve, admire, attributes, bullying, care, classroom, collaborate, collaboration, collage, communicate, compromise, consequences, contribute, decisions, disagree, discrimination</p>	<p>effective, emotional, emotions, excluding, feelings, function, goal harassment, health, honesty, hurtful, kind, kindness, listen, looked-after, opinion, outcome, patience, physical, respectful, responsibilities, roles,</p>	<p>respect, risky, same-sex parents, secrets, security, self-love, share, shared, single parents, stability, support, uncomfortable, unhealthy, wrong</p>	<p>scenario, sensitive, skills, social media, success, successful, support, team, teamwork, teasing, thoughts, trolling, uncomfortable, understanding, unkind, upsetting, valued</p>
Skills	<p>These objectives are taught through the whole curriculum/assemblies:</p> <p>Physical Health and Wellbeing – Demonstrate an understanding of the principles of being healthy. To understand which adults to speak to if they are worried about their health and safe ways of seeking help online.</p> <p>Internet Safety – To understand how the internet can be used in every day. Consider its benefits and why some aspects are age restricted. To understand that online content can have positive and negative impacts on wellbeing and to post sensitively, with an awareness of others.</p> <p>Healthy Eating – Demonstrate an understanding of the principles of being healthy and the risks associated with poor diet.</p> <p>Basic first Aid - Understand how to contact the emergency services and give them the correct information. Recognise signs of choking, how to give first aid and how to seek further medical support.</p> <p>Health and Prevention - Understand that some microorganisms can be harmful and how to reduce risk. Demonstrate understanding of how to reduce the risk of sun damage, including skin cancer. Name some of the early signs of physical illness</p> <p>Drugs, Alcohol and Tobacco – Cannabis. Volatile substance abuse (VSA) and getting help. Help, advice and support</p>			<p>Sex and Relationship Education</p> <p>To consider puberty and reproduction.</p> <p>Explore the process of conception and pregnancy.</p>		
						

