

PSHE Year 6 Summer 1– Relationships



PSHE

Powerful knowledge/skills for this unit:

Knowledge

I will:

- take care of my mental health
- know how to take care of my mental health
- understand there are different stages of grief and that there are different types of loss that cause people to grieve
- recognise when people are trying to gain power or control
- judge whether something online is safe and helpful to me
- use technology positively and safely to communicate with my friends and family

Social and emotional skills

I will:

- I can understand that people can get problems with their mental health and that it is nothing to be ashamed of
- help myself and others when worried about a mental health problem
- recognise when I am feeling those emotions and have strategies to manage them
- demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control
- resist pressure to do something online that might hurt myself or others
- take responsibility for my own safety and well-being

Key vocabulary

Age restrictions, AI (artificial intelligence), anxiety, ashamed, assertive, authority, bullying, communication, consent, control, courtesy, digital rights, early warning signs, emotions, feelings, grief, influences, isolation, loneliness, mental health, personal data, power, pressure, privacy, real / fake, respect, risks, safety, self-care, self-control, signs, stigma, strategies, stress, support, targeting, technology, true / untrue, warning

Big Question: How can you judge if something online is safe?

The zones of regulation



By the end of this topic...

I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.

I can explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. I can offer strategies to help me manage these feelings and situations.

Mindmate Monday lesson

MindMate

Year 6 Summer 1 Being the same being different

Lesson focus: Body image I know it's important to recognise and accept difference

Pupils should have the opportunity to... recognise how images on social media do not always reflect reality I understand how these images can affect how people feel about themselves e.g. body image. I know how to share my opinions respectfully, on things that matter to me.

I can reflect on what makes me unique