

PSHE Curriculum Year Six



Year Six

Relationships

What is a healthy relationship?	How can we keep ourselves safe?	What is a healthy relationship?
<p>Relationship – how two or more people are connected</p> <p>Sexual orientation – who a person is attracted to (heterosexual, homosexual, bisexual)</p> <p>Marriage – a legal ceremony, which consists of vows, for two individuals who love one another</p> <p>Civil Partnership – a legal ceremony, which doesn't consist of vows, for two individuals who love one another</p> <p>Gender identity – a person's understanding of their gender</p>	<p>Forced marriage – a marriage where one or both spouses do not consent to the arrangement of the marriage.</p> <p>Consent – giving permission</p> <p>Peer pressure – feeling like you have to do something because people around you expect you to</p>	<p>Relationship – how two or more people are connected</p> <p>Sexual orientation – who a person is attracted to (heterosexual, homosexual, bisexual)</p> <p>Marriage – a legal ceremony, which consists of vows, for two individuals who love one another</p> <p>Civil Partnership – a legal ceremony, which doesn't consist of vows, for two individuals who love one another</p> <p>Gender identity – a person's understanding of their gender</p>
<ul style="list-style-type: none"> A healthy relationship helps individuals to thrive and be their best To be attracted to someone means to like someone and their qualities Everyone has a right to be loved The difference between marriage and civil partnership is that marriage has vows and can be religious, whereas civil partnership is not People have the right to choose who they marry or whether they get married 	<ul style="list-style-type: none"> Forcing marriage is illegal Forced marriages can be reported to the police and advice can be sought from the Forced Marriage Unit (FMU) and charities such as support line and refuge A healthy friendship is supportive and makes all involved feel happy. An unhealthy is the opposite. Risks in an unhealthy relationship could result in doing something unsafe, something that makes people feel worried or uncomfortable. One example is dares. It is the responsibility of everyone to do the right thing if they're witness someone doing something dangerous or wrong as a result of peer pressure. Concerns about personal safety (including online) can be reported to Childline or a trusted adult The number for Childline is 0800 1111 and can be accessed by phone or online 	<ul style="list-style-type: none"> A healthy relationship helps individuals to thrive and be their best To be attracted to someone means to like someone and their qualities Everyone has a right to be loved The difference between marriage and civil partnership is that marriage has vows and can be religious, whereas civil partnership is not People have the right to choose who they marry or whether they get married

Living in the Wider World

What roles does money have?	How can we stay safe online?	How can we value diversity in our community?
<p>Financial risk – the possibility of losing money</p> <p>Gambling – betting money or goods on an event</p> <p>Debt – what is owed to someone else</p> <p>Fraud and scam – a crime where someone tricks somebody else for their gain.</p>	<p>Reverse image search – a search engine, which searches whether an image is real, altered or been used before</p> <p>Clickbait – using misleading and shocking headlines to gain more clicks and viewers</p> <p>S is for safe- Never give your personal information to people that you do not know. M is for meet- Never arrange to meet with strangers. A is for Accepting- Never accept emails or messages from people that you do not know as they might contain a virus. R is for reliable- Not everything that you read on the internet is true. T is for tell- If anything upsets you on the internet always tell a trusted adult.</p>	<p>Stereotypes – a belief held by lots of people about specific people/groups of people</p> <p>Prejudice - forming a negative opinion about someone or a group of people before understanding them or the situation</p> <p>Discrimination -the unfair treatment to the person or group of people based on that opinion</p>
<ul style="list-style-type: none"> Money plays an important part in people's lives as it allows us to buy things we need (food, water, house, clothes) Value for money is a product that is the best in cost and quality. We can judge if something is value for money by researching and comparing the chosen product. Companies encourage customers to buy things through advertising. It is important to be a critical customer to understand if we are getting good value for money. Having no money can impact a person's health and wellbeing by making them feel stressed, alone and worried. The common risks associated with money are: debt, fraud, gambling, scams and these put us at financial risk. We can get help if we are concerned about money by speaking to a trusted adult or Childline. 	<ul style="list-style-type: none"> The benefits of safe internet use is learning, connecting and communicating Images are altered online through editing apps and photoshopping Images are altered, manipulated and faked to make the images and what is in them seem and look better The age restrictions are age 13+ for social media sites Online content can sometimes use clickbait to impact people's emotions and encourage them to read and share. If we see inappropriate content or receive inappropriate contact, we can tell a trusted adult or Childline 	<ul style="list-style-type: none"> Acts of discrimination can be being left out because of gender/skin colour, being told you can't do something because of age/gender To safely respond to and challenge discrimination we can speak up, say no, walk away, tell a trusted adult. Stereotypes can influence our thinking We can challenge stereotypes by being open to learning about other people

Health and Wellbeing

How can I keep safe?	How can we keep mentally healthy?	What happens next?
<p>Drug- a substance that affects the body</p> <p>Peer pressure- feeling like you have to do something because people around you expect you to</p> <p>Passive- accepting or allowing what happens or what others do without actively responding</p> <p>Aggressive- being ready or likely to confront or attack others or what others do</p> <p>Assertive- standing up for oneself or someone else, calmly and positively, or getting a point across without causing upset.</p>	<p>Mental health- how we are feeling and our mood</p> <p>Mental ill-health- something disrupting your moods and feelings</p> <p>Physical health- how our body is working</p> <p>Loss- losing something</p> <p>Bereavement- experience of losing someone</p> <p>Grief- a natural response to loss</p>	<p>Sexual intercourse- when a penis enters a vagina</p> <p>Contraception- use of devices or medication to prevent pregnancy</p> <p>Consenting- permission to do something</p>
<ul style="list-style-type: none"> Anything sent digitally can be re-shared-even on apps with disappearing messages Apps and social media websites have buttons to report misuse of images and information sharing Private information/photos are not appropriate to share with others online Alcohol, tobacco, cocaine, caffeine, ecstasy, speed, cannabis and nitrous oxide are drugs and can affect health and wellbeing Using any drug has risks There are legal and illegal drugs Peer pressure and the media can have an impact on our thoughts and beliefs about drugs 	<ul style="list-style-type: none"> Mental health is just as important as physical health Anyone can have mental ill-health Mental ill-health can be resolved with support Being bullied or feeling lonely can affect mental health and wellbeing Feeling can be helpful but sometimes need to be overcome Identify who they can ask for help with mental wellbeing Grief is a feeling when you lose something very special Grief can cause many different feelings You can get help if you experience a loss 	<ul style="list-style-type: none"> Transition to high school might affect my feelings Being prepared practically for high school will help me manage the change (learning the bus or walking route, knowing what lunchtimes will be like etc) Relationships may change as they move to high school Identify the links between love, committed relationships and conception Sexual intercourse is when a penis enters a vagina Sexual intercourse can be part of an intimate relationship between consenting adults Pregnancy happens when a sperm meets an egg and the fertilised egg settles in the lining of the womb Pregnancy can be prevented with contraception Being a parent or career comes with many responsibilities