



Harehills Primary School Personal Social Health Education (PSHE) overview

Year 6		
Autumn 1	Spring 1	Summer 1
MindMate: Feeling Good & Being Me	MindMate: Life Changes	MindMate: Being the Same & Being Different
<p style="text-align: center; color: #00bcd4;">Every Mind Matters</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> how to recognise worry and actions that a young person can take if they feel worried about unhelpful thoughts and how to challenge this type of thinking to explore what wellbeing and social media mean and thinking about actions young people can take to look after their wellbeing both online and offline, incl. social media <p style="text-align: center; color: #00bcd4;">Online safety</p> <ul style="list-style-type: none"> Making Friends Online looks at the dangers of meeting people we have only spoken to online. 	<p style="text-align: center; color: #4caf50;">Keeping safe and managing risk: Keeping safe - out and about</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about feelings of being out and about in the local area with increasing independence about recognising and responding to peer pressure about the consequences of anti-social behaviour (including gangs and gang related behaviour) <p style="text-align: center; color: #4caf50;">*Links to Leeds Lives Not Knives (LLNK) project</p>	<p style="text-align: center; color: #00bcd4;">Identity, society and equality: Human rights</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about people who have moved from other places, (including the experience of refugees) about human rights and the UN Convention on the Rights of the Child about homelessness <p style="text-align: center; color: #00bcd4;">*Links to Refugee Week (20th - 26th June 2022)</p>
Mindfulness	Mindfulness	Mindfulness
Autumn 2	Spring 2	Summer 2
MindMate: Friends & Family	MindMate: Strong Emotions	MindMate: Solving Problems - Making it Better
<p style="text-align: center; color: #00bcd4;">Growing and Changing: Reviewing puberty and becoming men and women</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> recognise, categorise and explain the changes that occur during puberty about the changes, and can explain the changes, that happen during puberty about strategies to deal with feelings in the context of relationships. what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships 	<p style="text-align: center; color: #9c27b0;">Drug, Alcohol and Tobacco Education: Weighing up risk</p> <p>Pupils learn about:</p> <ul style="list-style-type: none"> the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs assessing the level of risk in different situations involving drug use and ways to manage risk in situations involving drug use <p style="text-align: center; color: #9c27b0;">Additional lesson - Exploring Ramadan & fasting</p> <ul style="list-style-type: none"> I understand what fasting is and can consider why this is an important part of Ramadan. 	<p style="text-align: center; color: #9c27b0;">Inclusion, belonging & addressing extremism (see lesson 4)</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about how attitudes and opinions can sometimes be influenced by being exposed to prejudiced or extremist views about how to resist and challenge these viewpoints <p style="text-align: center; color: #9c27b0;">FGM</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> about FGM how to seek help for themselves or others and how to report FGM concerns
Mindfulness	Mindfulness	Mindfulness

