

Questions

What does feeling pressured mean to you?
What is direct and indirect pressure? How might you or your friends act if under pressure/ What can we do to help ourselves?
What does the word consent mean? What would the world be like if we could only say "yes"? Why might someone feel worried about saying no? What is autonomy?
Is it always easy to manage our feelings? What is positive/negative self-talk?

Y6

What do the words Fairness, Bullying, Discrimination and prejudice mean to you? Where might you see this?

Sources: Life to the full-Ten Ten

https://www.tentenresources.co.uk/units/lks2_2-2_personal-relationships/

Key Vocabulary

pressure un/spoken in/direct un/helpful
emotional well-being
critical perspective sense of humour

pressure consent bodily autonomy
respect children of God
self-talk

Y6

*prejudice discrimination
civil partnership build others up*

Spring 2

Module 2:Created to love others
Unit 2:Personal relationships.

Sessions:Under Pressure. Do you want a piece of cake? Self-Talk.
Build Others Up-Y6

Outcomes:

Children will learn:

- That pressure comes in different forms, and what some of those different forms are
- That there are strategies that they can adopt to resist pressure
- What consent and bodily autonomy means
- About different scenarios in which it is right to say 'no'
- How thoughts and feelings impact actions, and develop strategies that will positively impact their actions and apply this in their relationships.

Y6

- *About prejudice, bullying and discrimination: what they mean and how to challenge them.*
- *About protected characteristics from the Equality Act 2010 such as race, age and disability.*
- *That everyone is made in the image of God, loved unconditionally by Him, has equal dignity and is deserving of equal respect.*

Making connections to prior learning

LKS2-

Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong

- That there are different types of relationships including those between acquaintances, friends, family and relatives
- That good friendship is when both persons enjoy each other's company and also want what is truly best for the other
- The difference between a group of friends and a 'clique'
- To increase their awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying
- About harassment and exploitation in relationships, including physical and emotional abuse and how to respond.