

Year 6 PSHE Overview

Autumn Term 1	Spring Term 1 & Term 2	Summer Term 1
<p>Theme: Mental health and emotional wellbeing Focus: Healthy minds</p> <p>Children learn about:</p> <ul style="list-style-type: none"> • What mental health is. • What can affect mental health and some ways of dealing with this. • Some everyday ways to look after mental health. • The stigma and discrimination that can surround mental health. 	<p>Theme: Relationship and Sex education Focus: Healthy relationships/how a baby is made</p> <p>Children learn about:</p> <ul style="list-style-type: none"> • The changes that occur during puberty. • Considering different attitudes and values around gender stereotyping and sexuality and consider their origin and impact. • What values are important to them in relationships and to appreciate the importance of friendship in intimate relationships. • The human reproduction in the context of the human lifecycle. • How a baby is made and grows (conception and pregnancy). • Roles and responsibilities of carers and parents. • How to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it. <p>Additional sessions may include:</p> <ul style="list-style-type: none"> • Some myths and misconceptions about HIV, who it affects and how it is transmitted. • How the risk of HIV can be reduced. • How contraception can be used to stop a baby from being conceived. 	<p>Theme: Keeping safe and managing risk Focus: Keeping safe- out and about</p> <p>Children learn about:</p> <ul style="list-style-type: none"> • Feelings of being out and about in the local area with increasing independence. • Recognising and responding to peer pressure. • The consequences of anti-social behaviour (including gangs and gang related behaviour). <p>FGM (Female genital mutilation)</p> <ul style="list-style-type: none"> • The importance for girls to be protected against FGM.
<p>Autumn Term 2</p>		<p>Summer Term 2</p>
<p>Theme: Identity, society and equality Focus: Human rights</p> <p>Children learn about:</p> <ul style="list-style-type: none"> • People who have moved from other places (including the experience of refugees). • Human rights and the UN convention on the Rights of the Child. • Homelessness. 		<p>Theme: Drug, alcohol and tobacco education Focus: Weighing up risk</p> <p>Children 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. • Ways to manage risk in situations involving drug use.
<p><u>Year 6 Key Vocabulary:</u> Balanced lifestyle, choices, health, wellbeing, balanced diet, food, influences, media, images, achievements, goals, aspirations, emotions, feelings, change, transitions, loss, separation, divorce, bereavement, risks, danger, safety, hygiene routines, pressure, influences, peer, rules, safety, habits, drugs, alcohol, tobacco, medicines, caffeine, puberty, physical, emotional, human reproduction, babies, sexual intercourse, pregnancy, contraception, parents, carers, female genital mutilation, bodies, safety, abuse, online, personal information, passwords, images, advice, support, mobile phones, responsibility, feelings, friendships, families, couples, positive relationships, unhealthy, pressure, committed, civil partnerships, marriage, forced marriage, behaviour, consequences, physical contact, touch, acceptable, unacceptable, confidentiality, secrets, opinions, respect, dispute, conflict, compromise, equality, identity, stereotypes, discrimination, bullying, rules, the law, human rights, money, spending, budgeting, saving, debt, social media, information, forwarding, appropriate, inappropriate.</p>		

Please note: The red flag symbol demarcates themes directly related to safeguarding pupils.

