



Pinner Wood School



Year Group	6	Term:	Summer 1	Subject	PSHE	Topic	Relationships
						Key Question	Do I know and can I show what makes a good relationship?
Prior Learning and other Curriculum Links	<p>EYFS: dealing with bullying.</p> <p>Year 1: being a good friend to myself.</p> <p>Year 3: keeping safe online and who to go to for help.</p> <p>Year 5: personal qualities and building a self esteem</p>				Skills statements	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> • Know that it is important to take care of their own mental health • Know ways that they can take care of their own mental health • Know the stages of grief and that there are different types of loss that cause people to grieve • Know that sometimes people can try to gain power or control them • Know some of the dangers of being 'online' • Know how to use technology safely and positively to communicate with their friends and family <p><u>Social and Emotional Skills</u></p> <ul style="list-style-type: none"> • Recognise that people can get problems with their mental health and that it is nothing to be ashamed of • Can help themselves and others when worried about a mental health problem • Recognise when they are feeling grief and have strategies to manage them • Demonstrate ways they could stand up for themselves and their friends in situations where others are trying to gain power or control • Can resist pressure to do something online that might hurt themselves or others • Can take responsibility for their own safety and well-being 	

Fundamentals	<ul style="list-style-type: none"> - Mental health - Identifying mental health worries and sources of support - Love and loss - Managing feelings - Power and control - Assertiveness - Technology safety and taking responsibility with technology use 	Key Facts/Sticky Knowledge	<ul style="list-style-type: none"> - Know the importance of taking care of their mental health and know strategies of how to take care of it - People feel loss and grief for different reasons and know possible reasons - Recognise signs of when people are trying to take control or have power - Know when and how to judge something online as safe and helpful
Our Curriculum Journey	<p>Journey: We will start this unit by recapping what mental health is and the importance of it. We will then look at how the children can help themselves or others if they are worried about a mental health problem. Following on from this, the children will have an opportunity to look at love and loss and understand the stages of grief as well as the types of loss which causes people to grieve. Next, we will investigate how we recognise when people are trying to gain power or control and how the children might stand up for the themselves and others when faced with these situations. We will be working and linking with our Digital Literacy work of judging online content as safe and helpful and how we can resist pressure to do something online that might hurt ourselves or others. Finally, the children will look at ways technology can be used positively and safely to communicate with friends and family.</p>		
Key Vocabulary (revisited)	Self-recognition Self-worth Online grooming SMARRT internet safety rules Relationships Responsibilities Keeping safe online	Key Vocabulary (new)	Mental health, stigma, stress, anxiety, support, self-harm, grief, loss, denial, despair, guilt, shock, hopelessness, bereavement, coping strategies, assertive, authority, judgement, self-control