

## **PSHE Framework: Year 6**

The first 2 bullet points in **Health and safer Lifestyle** Relationship and Sex Education are not compulsory in science or PSHE so parents can withdraw children.

| Autumn 1 Myself and My<br>Relationships<br>My Emotions   | <ul> <li>How can we make mental wellbeing a normal part of daily life, in the same way as physical wellbeing?</li> <li>What does it mean to have a 'strong sense of identity' &amp; 'self-respect'?</li> <li>What can I do to boost my self-respect?</li> <li>How do I manage strong emotions?</li> <li>How can I judge if my own feelings and behaviours are appropriate &amp; proportionate?</li> <li>How do I recognise how other people feel and respond to them?</li> <li>What is loneliness and how can we manage feelings of isolation?</li> <li>How common is mental ill health and what self-care techniques can I use?</li> <li>How and from whom do I get support when things are difficult?</li> </ul> |
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| Autumn 2 Myself and My<br>Relationships<br>Anti-Bullying | <ul> <li>Can I explain the differences between friendship difficulties and bullying?</li> <li>Can I define the characteristics and different forms of bullying?</li> <li>How do people use technology &amp; social media to bully</li> </ul>   |
| Healthy and Safer  | <ul> <li>others and how can I help others to prevent and manage this?</li> <li>What do all types of bullying have in common?</li> <li>Might different groups experience bullying in different ways?</li> <li>How can people's personal circumstances affect their experiences?</li> <li>How does prejudice sometimes lead people to bully others?</li> <li>Can I respond assertively to bullying, online and offline?</li> <li>How might bullying affect people's mental wellbeing and behaviour?</li> <li>How and why might peers become colluders or supporters in bullying situations?</li> <li>Can I identify ways of preventing bullying in school and the wider community?</li> </ul>                        |
| <b>Lifestyles</b><br>Digital Lifestyles                  | <ul> <li>What are some examples of how I use the internet, the services it offers, and how do I make decisions?</li> <li>What are the principles for my contact and conduct online, including when I am anonymous?</li> <li>How can I critically consider my online friendships, contacts and sources of information, and make positive contributions?</li> <li>How might the media shape my ideas about various issues and how can I challenge or reject these?</li> <li>Can I explain some ways in which information and data is shared and used online?</li> </ul>  |

| Spring | <b>Health and Safer Lifestyles</b> Personal Safety                 | <ul> <li>Extra objective: what happens when I share inapproriate images and what images are appropriate to share?</li> <li>How can online content impact on me positively or negatively?</li> <li>What are my responsibilities for my own and others' mental and physical wellbeing online and how can I fulfil these?</li> <li>What are some ways of reporting concerns and why is it important to persist in asking?</li> <li>Can I identify, flag and report inappropriate content?</li> <li>Can I use my Early Warning Signs to judge how safe I am feeling?</li> <li>How can I seek help or advice from someone on my personal network and when should I review my network?</li> <li>How could I report concerns of abuse or neglect?</li> <li>Can I identify appropriate &amp; inappropriate or unsafe physical contact?</li> <li>How do I judge when it is not right to keep a secret and what action could I take?</li> <li>How can I recognise risks online and report concerns?</li> <li>What strategies can I use to assess risk and help me feel safer when I am feeling unsafe?</li> </ul> |
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| Summer | Health and safer<br>Lifestyle<br>Relationship and<br>Sex Education | <ul> <li>What are different ways babies are conceived and born? (Sex Education) (non-statutory for PSHE)</li> <li>EXTRA not-statutory – how the sperm meets the egg.</li> <li>What effect might puberty have on people's feelings and emotions?</li> <li>How can my words or actions affect how others feel, and what are my responsibilities?</li> <li>What should adults think about before they have children?</li> <li>Why might people get married or become civil partners?</li> <li>What are different families like? FP</li> </ul>  |