

PSHE Statutory Curriculum



Year 6:

<u>AT1</u>	<u>AT2</u>	<u>Sp1</u>	<u>Sp2</u>	<u>Sum1</u>	<u>Sum2</u>
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<p><b><u>Families and people who care for me:</u></b>  <u>how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed– R3 to recognise ways in which a relationship can be unhealthy and whom to talk to if they need support</u></p> <p><b><u>Caring Friendships:</u></b>  <u>how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed– R3 to recognise ways in which a relationship can be unhealthy and whom to talk to if they need support</u></p>	<p><b><u>Respectful Relationships:</u></b>  <u>what a stereotype is, and how stereotypes can be unfair, negative or destructive– R16 - to recognise and challenge stereotypes</u></p> <p><b><u>Respectful Relationships:</u></b>  <u>about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help– L6 - to realise the consequences of anti-social, aggressive and harmful behaviours such as bullying and discrimination of individuals and communities; to develop strategies for getting support for themselves or for others at risk</u></p>	<p><b><u>Drugs, Alcohol and Tobacco:</u></b>  <u>The facts about legal and illegal substances and associated risks, including smoking, alcohol use and drug-taking– H17- which, why and how, commonly available substances and drugs (including alcohol, tobacco and ‘energy drinks’) can damage their immediate and future health and safety; that some are restricted and some are illegal to own, use and give to others</u></p> <p><b><u>Health and Prevention:</u></b>  <u>The facts and science relating to immunisation and vaccination.**</u></p> <p><b><u>Physical Health and Fitness:</u></b>  <u>how and when to seek support including which adults to speak to in school if they are worried about their health– H20 about taking care of their body, understanding that they have the right</u></p>	<p><b><u>Mental Wellbeing:</u></b>  <u>how to judge whether what they are feeling and how they are- H7: to recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these</u></p> <p><b><u>Mental Wellbeing:</u></b>  <u>how to judge whether what they are feeling and how they are- R14: to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber bullying, use of prejudice-based language, ‘trolling’, how to respond and ask for help)</u></p> <p><b><u>Mental Wellbeing:</u></b>  <u>how to judge whether what they are feeling and how they are- L6: to realise the consequences of anti-social, aggressive and harmful behaviours such as bullying and discrimination of individuals</u></p>	<p><b><u>Online Relationships:</u></b>  <u>how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met- R3: to recognise ways in which a relationship can be unhealthy and whom to talk to if they need support</u></p> <p><b><u>Being Safe:</u></b>  <u>what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) H25: how to manage requests for images of themselves or others; what is and is not appropriate to ask for or share; who to talk to if they feel uncomfortable or</u></p> <p><b><u>Being Safe:</u></b>  <u>that each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact) R8: to judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond</u></p> <p><b><u>Changing Adolescent Body:</u></b>  <u>about menstrual wellbeing including the key facts about the menstrual cycle – H19 about human reproduction</u></p> <p><b><u>Changing Adolescent Body:</u></b>  <u>key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes – H19 about human reproduction</u></p>
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**Online Relationships:**

that people sometimes behave differently online, including by pretending to be someone they are not-  
H4 - to recognise how images in the media (and online) do not always reflect reality

**Internet Safety and**

**Harms:**

how to be a discerning consumer of information, including that from search engines is ranked, selected and targeted-  
H13 - how pressure to behave in unacceptable, unhealthy or risky ways can come from a variety of sources, including people they know and the media

**Internet Safety and**

**Harms:**

how to be a discerning consumer of information, including that from search engines is ranked,

**Mental Wellbeing:**

that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing-  
R14 - to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber bullying, use of prejudice- based language, 'trolling', how to respond and ask for help)

**Mental Wellbeing:**

where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)\*  
H14 - to recognise when they need help and to develop the skills to ask

**Mental Wellbeing:**

the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness- L10 to recognise the role of voluntary, community and pressure groups, especially in relation to health and wellbeing

**Mental Wellbeing:**

that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing - R14 to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber bullying, use of prejudice-based language, 'trolling', how to respond and ask for help)

**Physical Health and**

**Fitness:**

the risks associated with an inactive lifestyle (including obesity) H1: what positively and negatively affects their physical, mental and emotional health

selected and targeted-  
L18 - to critically examine what is presented to them in social media and why it is important to do so; understand how information contained in social media can misrepresent or mislead; the importance of being careful what they forward to others

for help...

**Mental Wellbeing:**

it is common for people to experience mental ill health.

For many people who do, the problems can be resolved if

the right support is

made available,

especially if accessed

early enough-

H14 - to recognise when they need help and to develop the skills to ask for help...

**Mental Wellbeing:**

that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing-

L6 - to realise the consequences of anti-social, aggressive and harmful behaviours such as bullying and discrimination of individuals and communities

		<p><b><u>Mental Wellbeing:</u></b> <u>that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing – L6</u> to realise the consequences of anti-social, aggressive and harmful behaviours such as bullying and discrimination of individuals and communities</p>			
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