

## Year 6 Jigsaw PSHE content Summer Term 1 Relationships

This half term, our PSHE covers the topic ‘Relationships’. Below, details the content that will be taught in your child’s year group. If you wish to discuss the content and resources of this curriculum, please do not hesitate to contact your teacher.

Please be aware that class discussion may lead to questions arising outside of the planned content below. Please be assured questions will be answered in a sensitive, factual, age-appropriate manner although some questions may be directed to discussion at home.

<b>Relationships</b>	
Lesson 1	<p><b>What is mental health?</b> This lesson will allow children to give examples of when they think people might feel stress and anxiety and emphasise that these are normal emotions in many circumstances and do not necessarily indicate a problem with mental health. It will look at challenges and support and explain that challenges can often become more difficult with no support and can lead to struggles with mental health. It will teach that finding it difficult to maintain mental health is nothing to be ashamed of and encourage children to share this with a trusted adult if they are worried about themselves or others.</p>
Lesson 2	<p><b>How can I maintain positive mental health?</b> This lesson will look at different scenarios and teach strategies and actions that people might take to help maintain positive mental health e.g. regular exercise, spending time doing enjoyable activities, time with family and friends. It will also look at what people should do if actions they can take for themselves are not working e.g. talking to a trusted adult, seeking advice from a doctor.</p>
Lesson 3	<p><b>How might love and loss affect people?</b> Children will learn about stages of grief and that many types of loss can cause this emotion. They will learn that there is no ‘correct’ way to react to feeling grief and this might look different for different people. They will have the opportunity to articulate how they feel about this and learn about strategies people may use to live with grief.</p>
Lesson 4	<p><b>What is power and control and how might it be recognised within friendships and other relationships?</b> This lesson using imaginary scenarios to help children identify what power and control might look like in friendships. It will give the opportunity to discuss what healthy friendships look like and how we can recognise signs where a relationship of any kind might be harmful or unsafe.</p>
Lesson 5	<p><b>Online: Real or fake? Safe or harmful?</b> This lesson recaps previous learning about how to be critical about information online and ways in which what we see online might not be ‘real’. It will also revise how children can keep themselves and others safe online and where they can go for help if they feel unsafe or uncomfortable.</p>
Lesson 6	<p><b>Using technology as part of safe, positive, healthy friendships</b> This lesson teaches children about how they can use technology in ways that ensure positive and safe communication with others. They will learn how interaction online can enhance relationships but also identify actions that might be unsafe or harmful to themselves or others.</p>
<b>Vocabulary</b>	
<p>mental health stigma stress anxiety challenge support warning signs self-harm worried emotions feelings sadness loss grief denial despair guilt shock anger hopelessness acceptance bereavement coping strategies power control bullying authority assertive risks pressure influences self-control judgement communication technology safe</p>	