**Year 5/6 PSHE Summer**

**Relationships**

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| Prior Learning | | | | | | |
| Objectives covered – 1) Being me in my world  2) Celebrating differences  3) Dreams and goals  4) Healthy me  Each year group has covered the same units – all units build from each other. | | | | | | |
| Key vocabulary for this unit | | | | | | |
| Mental healthAshamedStigmaStressAnxietySupport | Mental healthWorriedSignsStressAnxietyWarningSupport | | EmotionsFeelingsSadnessLossGriefDenialDespairGuiltShockHopelessnessAngerAcceptanceBereavementCoping strategies | PowerControlAuthorityBullyingScriptAssertiveStrategies | RisksPressureInfluencesSelf-controlReal/FakeTrue/untrueAssertivenessJudgement | CommunicationTechnologyPowerControlCyberbullyingAbuseSafety |
| Learning Sequence | | | | | | |
| **What is mental health?** | | I know that it is important to take care of my mental health | | | | |
| **My mental health** | | I know how to take care of my mental health | | | | |
| **Love and loss** | | I understand that there are different stages of grief and that there are different types of loss that cause people to grieve | | | | |
| **Power and control** | | I can recognise when people are trying to gain power or control | | | | |
| **Being online: Real or fake? Safe or unsafe?** | | I can judge whether something online is safe and helpful for me | | | | |
| **Using technology responsibily.** | | I can use technology positively and safely to communicate with my friends and family | | | | |
| Assessment milestones | | | | | | |
| **Social and emotional skills:**   1. I understand that people can get problems with their mental health and that it is nothing to be ashamed of. 2. I can help myself and others when worried about a mental health problem. 3. I can recognise when I am feeling those emotions and have strategies to manage them. 4. I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control. 5. I can resist pressure to do something online that might hurt myself or others. 6. I can take responsibility for my own safety and well-being. | | | | | | |