**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.
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