Year 5/6 PSHE Summer
Relationships

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 health Ashamed Stigma Stress Anxiety Support	Mental health Worried Signs Stress Anxiety Warning Support	Emotions Feelings Sadness Loss Grief Denial Despair Guilt Shock Hopelessness Anger Acceptance Bereavement Coping strategies	Power Control Authority Bullying Script Assertive Strategies	Risks Pressure Influences Self-control Real/Fake True/untrue Assertiveness Judgement	Communication Technology Power Control Cyberbullying Abuse Safety
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.	