

PSHE - Year Six - Summer Term Health and Wellbeing

Pupils should learn about:



Physical Health and Mental Wellbeing	Growing and Changing	Keeping Safe
- The internet presents many benefits of the internet and the importance of balancing time online with other activities. - Strategies for managing time online. - How and when to seek support including which adults to speak to in and outside of school, if they are worried about their health. - That mental health, just like physical health, is part of daily life. The importance of taking care of mental health. - Strategies to respond to a range of feelings, including intense or conflicting feelings. - How to manage and respond to feelings appropriately and proportionately in different situations. - How to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others. - To recognise that anyone can experience mental ill health and that most difficulties can be resolved with help and support.	- About change and loss including death and how these can affect feelings. - Ways of expressing and managing grief and bereavement. - Problem solving strategies for dealing with emotions, challenges and change including transitioning to a new school. - Process of reproduction and conception. - That there are ways of preventing a baby being made. - How babies need to be cared for. - The new opportunities and responsibilities that increasing independence may bring.	- Reasons for following and complying with regulations and restrictions (including age restrictions), and how these promote personal safety and wellbeing with reference to social media, TV, games/gaming and movies. - The importance of keeping personal information private and strategies for keeping safe online including how to manage requests for personal information or images of themselves or others. - What to do if you are frightened or worried by something seen or read online and how to report concerns about inappropriate content or contact. - The risks and effects of legal drugs common in everyday life (e.g. e-cigarettes/vaping, alcohol and medicines) and their impact on health and recognise that using these can become a habit which can be difficult to break. - Why people choose to use (or not use) drugs like nicotine, alcohol and medicines. - The mixed messages in the media about drugs including alcohol, nicotine and medicines. - The organisations that can support people concerning alcohol, nicotine or other drug use, and that there are people to talk to if they have concerns.

Vocabulary

Mental Health
Proportionate
Transition
Conception
Social Media
Content
Alcohol

Appropriate
Bereavement
Reproduction
Contraception
Inappropriate
Drugs
Smoking

Resources

PSHE Mental Health Lesson plans (yr 5/6)
NSPCC Making sense of relationships
Every Mind Matters KS2 Social Media
Guardian Foundation & National Literacy Trust NewsWise
Winstons Wish
BBFC Let's watch a film
Childnet Trust Me
Google and Parent Zone – Internet Legends
PSHE Drugs and Alcohol Education

Possible Activities

Circle time
Debate
Case Studies
Examining/evaluating online content
Role play
Discussion
Police Visit

