



Long Meadow School PSHE Knowledge Organiser for:

The core theme: Relationships

The focus of the unit is: Safe relationships and understanding positive relationships

YEAR 6

AUTUMN 1

Key Knowledge

Zones of regulation- Emotions can overwhelm or creep up on us unexpectedly. Knowing how to regulate your emotions can help to manage them and make them easier to deal with. Make sure you think about how you feel and act before things become too much. Talk to a trusted adult if you need help.

What makes a loving relationship? There are many types of relationships, particularly when looking at romantic relationships. People can decide for themselves what type of loving relationship is right for them. Where we live, loving relationships can lead to marriage or civil partnership. We need to be aware that sometimes families or relatives can pressure people in to marrying someone they do not wish to marry. Forced marriage is not okay and nobody has the right to make you marry.

What makes a role model? A role model is a person other people look up to in order to help determine appropriate behaviours. Role models can be either positive or negative. Positive role models offer a range of helpful or useful behaviours. Negative role models, on the other hand, offer examples of harmful or disruptive behaviours. Virtually anyone can be a role model, but in Western culture, publicly visible figures such as athletes, actors, musicians, and celebrities are the most common examples. Figures like drug dealers and gang members can be considered almost exclusively negative because of the behaviours they display.

Further information

https://www.childline.org.uk/info-advice/bullying-abuse-safety/crime-law/forced-marriage/



Progression of learning:

Before:

Now:

Next:

Vocabulary

Words	Meaning
Gender identity	The deep and intimate feeling a person has of themselves.
Heterosexual	Heterosexual people are sexually or romantically attracted to people of the opposite sex. Heterosexual men are sexually or romantically attracted to women, and heterosexual women are sexually or romantically attracted to men.
Lesbian	A woman whose primary sexual orientation is toward people of the same gender.
Gay	Gay means two people of the same gender who love each other – two women or two men.
Bisexual	A person whose primary sexual and affectional orientation is toward people of the same and other genders, or towards people regardless of their gender.
Transgender	A term that describes a person whose gender identity is different from the sex they were assigned at birth. For example, a transgender person who was assigned female at birth may identify as male, a combination of male and female, or neither.
Cisgender	When your gender identity (how you feel) is the same as what doctors/midwives assigned to you when you were born (girl/boy or sex assigned at birth).
Asexual	A term used to describe someone who does not experience sexual attraction toward individuals of any gender.

YEAR 6
AUTUMN 2

Long Meadow School PSHE Knowledge Organiser for:
The core theme: Relationships
The focus of the unit is: Safe relationships and understanding positive relationships



Key Knowledge

What does it mean to be assertive?

- practise what you want to say first, or try writing it down to prepare yourself.
- act calm and confident by standing up straight and not fidgeting.
- make eye contact.
- say what you want, clearly and politely.
- don't apologise when asking for something you need.

What can peer pressure feel like?

The people around you (your peers) influence your day-to-day decisions, even if you don't realise it.

Sometimes this can be a good thing. Maybe a friend suggested a book that's now your favourite.

But sometimes they might pressure you to do things you don't want to do. Like hurt someone else, do something unsafe or miss school.

Peer pressure means feeling like you have to do something because people around you want you to or expect you to. It might be to make someone else happy or to fit in with a new group. It's okay to say no if you don't want to or feel uncomfortable. You have the right to choose what's best for you, even if it's not what other people think is best.

Further reading

www.childline.org.uk  




 **Kidscape**
Help With Bullying

<https://www.bbc.co.uk/cbbc/curations/anti-bullying-week>

<https://www.kidscape.org.uk/> 

Progression of learning:

Before:	Now:	Next:
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Vocabulary		
Words	Image	Meaning
Peer pressure		Peer pressure means feeling like you have to do something because people around you want you to or expect you to. It might be to make someone else happy or to fit in with a new group.
School anti-bullying slogan:	Once is unkindness, twice is bullying	Having a slogan that all can remember easily helps to spread a simple message. We know that bullying can happen in schools, out of schools, in the home or anywhere online.
Being assertive		When you act to make sure that your needs ideas, thoughts or feelings can be shared and listened to. This does not mean the same as shouting or being aggressive.
Prevent/ stop		We can all act to stop bullying or prevent it from starting in the first place. As the oldest pupils in the school, children in lower year groups look to you for guidance and as role models.



Keeping Personal Information Private

Personal information can be used to identify us so people know exactly who we are. It is very important to keep our **personal information**, including passwords and passcodes, private and not share it **online**. The **Internet** can also use information that it has about our likes and interests to show us more of what we will enjoy. It is important to be aware of this when we look at advertisements **online** or when we see **websites** suggested for us with opinions shared. If anyone wants to share an image or video containing other people, they should check with everyone involved first to find out whether or not they are happy for it to be shared. If we want to share a comment, it is important to think about whether the comment is true, helpful and how it may make others feel. If you are at all worried about something that has been shared **online**, it is important to speak to a trusted adult straight away.

Digital Wellness

This means being aware of how technology makes us feel and doing all we can to stay safe and happy **online**. There are many ways we can help to protect our digital wellness. We can **respect** the age-restrictions in place on **websites**, videos, apps or games, think carefully about sharing comments, images or opinions and do what we feel is right, rather than feeling pressured by trends, messages or **social media**. It is also important to make sure we have a balance of **online** and **offline** activities and speak to a trusted adult about anything that makes us feel uncomfortable.



Key Learning Point:

Safe, Responsible Internet Use: There are many benefits of using the **Internet**. When we go **online**, it is important to keep in mind all the ways we use the **Internet** safely and responsibly. This helps to protect the mental health and wellbeing of ourselves and others. We can:

- **respect** age-restrictions on sites and **apps** we use;
- keep **personal information** private;
- **respect** the privacy and opinions of others;
- communicate with kindness;
- speak to a trusted adult straight away if anything worries us;
- enjoy lots of **offline** screen-free activities as well, such as time outside, crafts, time with family and friends and games;
- think carefully about sharing or forwarding anything **online**.





Key Vocabulary

Internet:	A system that enables computers and other devices to send each other information. We can use devices to find and share information on the Internet , communicate with others, watch videos and listen to music.	trolling	Posting information online that will upset someone or cause them problems.
online:	Activities we do when we use the Internet .	harassment	Sending constant harmful or threatening messages to someone.
social media:	Websites and applications where people can share images, comments and join online communities.	device	An electronic item which accesses the Internet .
personal information:	Information that is about us. It can include our full name, our date of birth, our address, our telephone number and the name of our school. For adults this also includes their bank details and place of work.	reliability	Understanding how much we can trust someone or something.
communication:	Ways of sharing our views with others, including talking and writing messages.	rules	Instructions we need to follow to stay safe.
respect:	A way of treating or thinking about someone that shows they are important and they are valued.	cookies	Technology used to track Internet activity.
offline:	Activities we do when we are not using the Internet .	apps:	Short for 'application'. An application for a computer or mobile phone. This might be a game, provide a service or a link to a website or other device.
behaviour:	Our actions. The way we behave.	bullying:	Doing something repeatedly to hurt someone's body or feelings on purpose.
website:	An information page on the Internet from an organisation or group.	cyberbullying:	Bullying that takes place online . This may be name-calling, harassment, tricking, trolling or excluding others.






YEAR 6




SPRING 2

Long Meadow School PSHE Knowledge Organiser for:

The core theme: **Living in the Wider World**

The focus of the unit is: Money, jobs and community

Vocabulary		
Words	Image	Meaning
Stereotype		This means a commonly held belief about specific groups or types of people. This can be done through simple representation of character, appearances and beliefs.
Discrimination		Treating any person worse than someone else in a similar situation because of race, disability, gender, gender identity, being married or in a civil partnership, being pregnant or having a child, your religion or beliefs, your race, skin colour or where you were born or your sexuality.
Prejudice		An opinion that is formed without knowing or considering all the facts. Example: "I've never been to London but I know that it smells absolutely awful there!"

Vocabulary		
Words	Image	Meaning
Value		The worth of a resource or item that you buy. The value of items depends on what worth you place on it. Example: "My dad says the new iPhone is not good value for money. I disagree!"
Advertising		When a person, product or cause is promoted. This can be online or offline, and most frequently through media such as TV, radio and newspapers / magazines.
Influence		When someone changes a behaviour, belief, or opinion from what others have said or shown them. To influence someone else is to change their actions ideas or feelings, or to cause something to be changed:

Vocabulary		
Words	Image	Meaning
Gambling		Gambling is when you risk money (or something of value) in a game or a bet in the hope of winning money or a prize. There are lots of different types of gambling. For example, arcade games, sports bets, scratch cards, lotteries, roulette machines and some free-to-play games online are all forms of gambling.
Risk		The chance of danger, loss or other negative consequence. Whenever gambling is undertaken, there is a significant risk of losing money.
Wellbeing		Wellbeing is defined as the state of being comfortable, healthy, or happy. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and being able to manage stress



YEAR 6
SUMMER 1

Long Meadow School PSHE Knowledge Organiser for:
The core theme: Health and Wellbeing
The focus of the unit is: Keeping safe, physical health and mental wellbeing



Key Knowledge

To know how feelings and emotions are affected and can be managed at changing, challenging or difficult times. To describe what can impact on mental health (life events and circumstances) and how mental wellbeing can be affected. To be able to recognise conflicting emotions and when these might be experienced. To identify positive actions to support wellbeing during difficult times, including identifying their personal support network

To know the impact of loss and bereavement and strategies for dealing with grief. To identify how loss and bereavement might affect someone and recognise grieving takes time and can include many different feelings To be able to describe self-help strategies for managing change, loss or bereavement.

To learn about some of the risks and effects of legal and illegal drug use and explain that there are risks associated with using any type of drug and identify some of the risks and effects of drug use. To be able to recognise that drugs have laws related to them and that some drugs are illegal to own, use or give to others.

To learn about the reasons why people use drugs; managing situations and peer influence

To learn that mixed messages about drug use in the media exist and that these can influence opinions and decisions.

Helpful website:




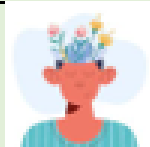


<https://www.childline.org.uk/>



<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://www.talktofrank.com/>

Vocabulary

Words	Image	Meaning
Drug		A drug is a chemical that you take into your body, which changes the way you feel and act.
Misuse		A wrong or incorrect use.
Grief		Grief is the deep sadness and loss you feel when someone you love dies. The death of a loved one can mean a big change in your life. It takes time to cope with your loss and find ways to adapt.
Mental health		Mental health is an individual's cognitive, behavioural and emotional wellbeing.
Wellbeing		Wellbeing refers to feeling at ease, being spontaneous and free of emotional tensions and is crucial to secure 'mental health'.
Support		Providing help support and encouragement.

YEAR 6
SUMMER 2

Long Meadow School PSHE Knowledge Organiser for:
The core theme: Health and Wellbeing
The focus of the unit is: Transitions, SRE, Living in the Wider World



Key Knowledge

To know how babies are made by understanding what sexual intercourse is. To understand intercourse can be one part of an intimate relationship between consenting adults. To know how pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb.

To know about parenting a growing baby and Identify the links between love, committed relationships and conception. To know about the responsibilities of being a parent or carer and how having a baby changes someone's life

To recognise some of the changes as they grow up being able to talk about what being more independent might be like and can think about how it may feel to do things independently.

To talk and think about the transition to secondary school, thinking about how changing school may affect my feelings. To consider how relationships may change as they grow up or move to secondary school. To think about practical strategies that can help to manage times of change and transition.

Helpful website:

<https://www.youngminds.org.uk/professional/resources/supporting-school-transitions/>



Vocabulary

Words	Image	Meaning
intercourse		Sexual intercourse is the physical act of sex between two people.
reproduction		Reproduction is the biological process by which new individual organism's "offspring" are produced.
sperm		The male reproductive cell.
egg		The female reproductive cell.
conception		When a sperm and an egg join together.
relationships		The way in which two or more people or things connect.
transition		A change or shift from one state, subject, place, etc. to another.
coping		To deal with and attempt to overcome problems and difficulties.