

Me and My Relationships

Assertiveness; co-operation; safe/unsafe touch

To be **assertive**, we need to be prepared for difficult situations and confident in what we think is right and wrong.

What would you do if you thought someone was being **bullied**?

As a **bystander**, you can affect a bullying situation by speaking up for the other person with **confidence**, and getting a trusted adult's help.



Co-operation with other people is a vital part of life. You will need to work with others in school, at work and in the community. Sometimes you may not agree and you may need to strike a **compromise**, where you **negotiate** to include both sides' views.

Have you ever had to make a compromise or negotiate with someone else? What made it successful/unsuccessful?

Everyone has different **boundaries** when it comes to physical touch, and what you find **acceptable** or **unacceptable** may change depending on who is involved and where you are.



Some types of physical touch are **illegal**. This could be because of a difference in age between the people involved or because there wasn't **consent**.

If you ever feel that you have experienced unsafe or inappropriate touch, you should tell a trusted adult straight away.

Key Vocabulary

assertiveness	appropriate	collaboration
bystander	co-operation	negotiation
illegal	consent	boundaries

Valuing Difference

Recognising and reflecting on prejudiced behaviour;
understanding bystander behaviour

Prejudice is the act of pre-judging someone and treating them worse than others because of factors like their **race**, **gender**, religion or **sexual orientation**

But why do some people show prejudiced behaviour? They may have been **influenced** by the media or other people, or had a bad experience themselves.



The key to reducing prejudice is through **empathy** - understanding how another person feels without focusing on what makes them different to us. Every has a right to fair treatment.



As a **bystander** to a bullying situation, we often have to make difficult choices about what to do. The main choice is whether to remain a **passive** bystander, or become an **active** bystander. But how do we know which to be?

Being an **active bystander** means speaking or acting against the situation. This takes a lot of bravery, and there are times it may not be safe to do so.

Being a **passive** bystander means not getting involved in the situation. This is a safer option, but you can still affect the situation and try to help the victim.

Key Vocabulary

prejudice	race	gender
sexual orientation	influenced	empathy
bystander	active	passive

Keeping Safe

Emotional needs; staying safe online; drugs: norms, risks and the law

We all have different needs. These can usually be divided into **physical** needs (such as food, shelter and safety) and **emotional** needs (such as feeling loved, respected or treated fairly).

Are emotional needs as important as physical needs?

If people's emotional needs aren't met, they may feel upset and angry or lose **self-esteem**.

The **internet** is full of amazing resources and information, but if you have access to the internet with a laptop or smart phone, you will also face some risks.



Social media sites have age restrictions and regulations for use. This is because some media and **online content** is **inappropriate** for children. What can we do to keep ourselves extra safe online?

You may sometimes come across inappropriate content, or be sent some on social media. But if we post something online, it is very difficult to get rid of it and there are laws about what people can and can't send or publish.

In the UK, you have to be **18 or above** to buy **alcohol**. Alcohol slows down your reaction time and can affect your mood.



Illegal drugs are also called **recreational** drugs. Unlike **medicines**, which are used to treat illness or disease, these drugs are taken by choice. They are illegal to buy, take or sell.

Key Vocabulary

<i>illegal</i>	<i>physical</i>	<i>emotional</i>
<i>self-esteem</i>	<i>internet</i>	<i>social media</i>
<i>alcohol</i>	<i>recreational</i>	<i>medicines</i>

Rights and Respect

Understanding media bias, including social media; caring about communities & the environment; earning & saving money

The primary job of media is to provide people with **information** and facts. However, newspapers and online media are run by ordinary people and sometimes their views and opinions will **influence** the information they share. This is particularly evident in **social media**, where there are fewer rules about what can be published.

So does someone's social media profile present a true picture of them? They may be **exaggerating** what they share or choosing only the best parts of their life.

It is important to **protect** the **environment**; our everyday **actions** can either **support** or **damage** it.

We need to show **compassion** for the **environment**, **animals** and **other living things**.

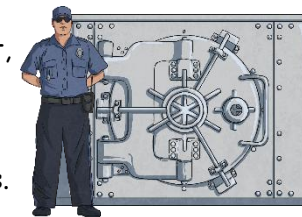


What can we do to live more **sustainably**?

Banks or **building societies** offer ways to save money where they reward you by paying you a small amount of **interest**.

Interest is also mentioned when you apply for a **loan**, a **credit** card or a **savings** account, meaning a small percentage of the amount added on.

Money plays a big role in people's lives, **attitudes** towards it and influences **decisions**.



Key Vocabulary

<i>online content</i>	<i>social media</i>	<i>exaggerate</i>
<i>environment</i>	<i>sustainable</i>	<i>interest</i>
<i>building society</i>	<i>savings</i>	<i>biased</i>

PHSE/RSHE
Knowledge Organiser
Year 6: Summer Term

Being my Best
Aspirations and goal-setting; managing risk

Having **aspirations** means aiming for the very best thing possible. This could be aiming for an academic achievement or working towards an **ambitious** goal in a hobby or sport.

Are ambitious goals easy to reach?
Often, the struggle and barriers we face are just as important as the end result. We shouldn't let problems stop us from working towards our aims, and the whole journey can help us grow and develop as people.



It often helps to plan to meet your aspirations. Think of the different steps along the way, what help you might need, and what **challenges** you might face.

In life, we will encounter many different **risks**. Some will be ones we expect and can plan for, but others may surprise us.

Risks can be either **physical** or **emotional**.

As we can more life experience, we can decide whether something is worth the risk. It could be a physical risk like climbing a tree to rescue a cat, or an emotional risk like telling your friend that you think their behaviour was not OK.

Key Vocabulary		
<i>aspiration</i>	<i>ambitious</i>	<i>challenge</i>
<i>physical</i>	<i>emotional</i>	<i>risk</i>
<i>goal-setting</i>	<i>planning</i>	<i>perseverance</i>

External support and services:
If you are feeling worried about something and do not feel comfortable telling an adult, contact Childline to ask for support.
Childline: 0800 1111 <https://www.childline.org.uk/>
Emergency services: 999

Growing and changing
Keeping safe; body image; self-esteem

Should all secrets be kept **private**?

Some secrets are safe secrets – like a surprise party or an embarrassing story – but others are not. Whenever the secret concerns someone's safety, or something illegal, it is right to tell a trusted adult.



Puberty takes place in boys and girls roughly around the ages of 9-14 years old.

Some of the **changes** that happen may affect your emotions as you get used to the **physical** differences in your body. The **hormones** that trigger these changes can also make people feel low, grumpy or uncomfortable.

What could help someone feel better about their body changes during puberty?

Often, talking and sharing experiences with friends or trusted adults can help you realise that you're not alone, and it won't last forever.

Self-esteem is how good people feel about themselves and how much self-belief they have.

This can be affected by many different factors. How someone treats another person, what they say or even just the person's own opinion of their abilities or appearance can all have an impact. That's why we should treat each other with positivity and kindness.

Key Vocabulary		
<i>secrets</i>	<i>private</i>	<i>puberty</i>
<i>hormones</i>	<i>safety</i>	<i>emotions</i>
<i>self-esteem</i>	<i>perception</i>	<i>peer pressure</i>