



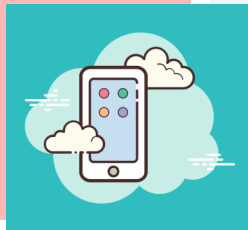
Year 6 - Summer - PSHE Knowledge Organiser

What I already know...

- That a personality is made up of many different characteristics, qualities and attributes.
- That belonging to an online community can have positive and negative consequences.
- That too much screen time isn't healthy.
- How to stay safe when using technology to communicate with friends.
- Some strategies for managing unhelpful pressures online.

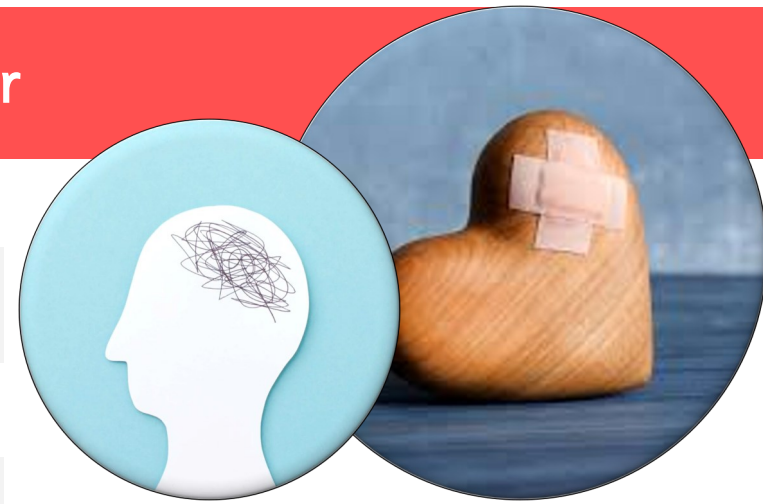
What I will learn...

- That it is important to take care of our own mental health.
- Ways in which we can take care of our own mental health.
- That there are different stages of grief.
- That there are different types of loss which can cause people to grieve.
- That, sometimes, people can try to gain power or control over other people.
- Some of the dangers of being 'online'.
- How to use technology safely and positively to communicate with friends and family.



Key Vocabulary

mental health	A person's condition with regard to their psychological and emotional well-being.
bereavement	The experience of losing someone important to us.
grief	The upset and sorrow somebody feels following somebody's death.
denial	To refuse to agree with or believe something is true even though they know that it is. Usually this happens because admitting it would cause a lot of pain.
self-control	Being able to control oneself, in particular one's emotions and desires, especially in difficult, or tempting situations.
peer pressure	People who are your age, like your friends or classmates, are called peers. When they try to get you to act in a certain way, or try to get you to do something, it is known as peer pressure.
power	The capacity or ability to direct or influence the behaviour of others or the course of events.



Making a difference at The Merton

In this journey, the class look at mental health and how to take care of their own mental well-being. They talk about the grief cycle and its various stages and they also discuss the different causes of grief and loss in order to support them in the future. In addition to this, the children talk about people who can try to control them or have power over them. They look at online safety, learning how to judge if something is safe and helpful as well as talking about communicating with friends and family in a positive and safe way.

Making a difference at home

Explore different ways to stay healthy and find out lots more information on the 'Think You Know' website:
https://www.thinkuknow.co.uk/8_10/





Year 6 - Summer - PSHE Knowledge Organiser

What I already know...

- Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally.
- Know that sexual intercourse can lead to conception.
- Know that becoming a teenager involves various

What I will learn...

- How girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally
- How a baby develops from conception through the nine months of pregnancy and how it is born.
- How being physically attracted to someone changes the nature of the relationship.
- The importance of self-esteem and what they can do to develop it.
- What they are looking forward to and what they are worried about when thinking about transition to their new secondary school.



Key Vocabulary

independence	Becoming less dependent on others. Being strong and being able to survive alone.
transition	The moves children and young people make from one phase of their life to another. E.g. the move from primary school to secondary school.
self-esteem	How we value and perceive ourselves.
relationships	A connection between two people. There are different types of relationship such as friendships and romantic relationships.
reproduction	The process by which living things produce offspring.
fertilisation	The joining of an egg and a sperm which is the first stage of pregnancy.
pregnancy	Carrying one or more unborn offspring in the body.



Making a difference at The Merton

As Year 6 begin to prepare for their move to secondary school, we will consider what that transition will look like and how their roles and responsibilities may change over time. At a potentially unsettling time in their development, children will learn about the physical changes that they may be experiencing or are about to experience. They discuss relationships and the importance of mutual respect and not pressuring/being pressured into doing something that they don't want to. The children also learn about self-esteem, why it is important and ways to develop it.

Making a difference at home

Think about what changes you will experience as you move onto secondary school. Consider:

- How will you stay organised?
- How will you keep on top of your homework?
- How will you continue to be the best you can be in Year 7?