



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.

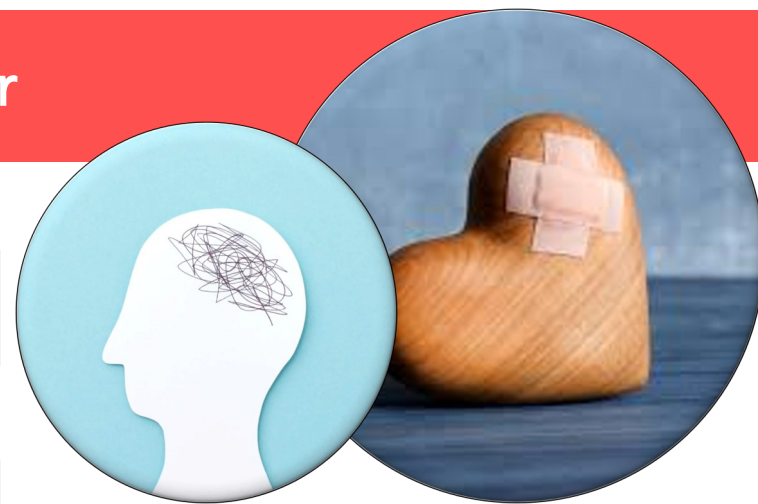
What I will learn...

- 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

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.

PSHE skills

During this unit of learning, the children will recognize that people get problems with their mental health and they will learn how they can help themselves and others when they are worried about a mental health problem. The children will learn how to resist pressure to do something online that may hurt themselves or others and they will learn the importance of taking responsibility for their own safety and well-being.