

PSHE – Year 6 Changes (Relationships)



Link to school Value
Love, Hope, Trust and Justice

Golden Promise link/ Key concept Link

Link to
Heartsmart
**Too Much Selfie
isn't healthy!**

Key Vocab & Definition

Confidential – private, trusted with private matters

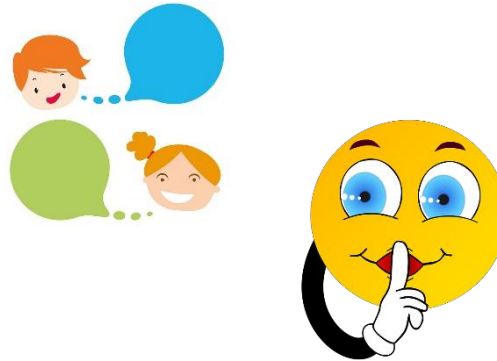
Confidence – a feeling of trust or belief, a feeling of certainty, a reliance on other loyalty

Acceptable – good enough to be accepted or approved of

Unacceptable – not accepted or approved of

Possible Key Text:

Possible Images:



Key Questions:

- **Do I know what to do if I feel uncomfortable about physical contact with others?**
- **Is it ever right to 'break confidence' or 'share a secret'?**
- **What is 'peer pressure'?**
- **What is meant by 'contraception'?**



Time:
4 hours 30 mins

Core Knowledge:

- R8 – to judge what kind of physical contact is acceptable or unacceptable and how to respond
- R9 – to learn the concept of ‘keeping something confidential or secret’, when they should or should not agree to this and when it is right to ‘break confidence’ or ‘share a secret’
- H8 – to learn about change, including transitions (between key stages and schools).
- H19 – to learn about human reproduction
- H20 – to learn about taking care of their body, understanding that they have the right to protect their body from inappropriate and unwanted contact; understanding that actions constitute abuse and are a crime, and develop the skills and strategies required to get support if they have fears for themselves or their peers

Lesson 1:

Do I understand what kind of physical contact is acceptable?
Do I know how to respond to unacceptable physical contact?
Do I know how to get support if needed?

Lesson 2:

Do I understand what is meant by ‘in confidence’ and when it is appropriate to do this?

Lesson 3:

(Supported by SASWT)

Do I understand that people respond differently to changes?

Lesson 4:

(Supported by School Nurse)

Can I describe the changes that might occur during puberty?

Lesson 5:

Do I understand the term ‘peer pressure’?
Can I name some strategies to deal with ‘peer pressure’?

Lesson 6:

Can I name and describe some methods of contraception?

Link to curriculum intent statement:

Strand 1 c i, ii
Strand 3 a i, ii, iii
Strand 4 a i, ii, iii