

Year 6 PSHE Medium Term Plan - Autumn Theme: Relationships **Sub-themes:** Families and friendships Safe relationships Respecting ourselves and others **Core Substantive Knowledge Key Vocabulary Key Questions** Families and friendships – Healthy relationships and commitment Family, relationship. • What makes a family Children learn: respect, love, equality, relationship healthy or • What different kinds of loving relationships are support, gender, unhealthy? That people who love each other can be of any gender, ethnicity or faith sexuality, identity, Why is it important to The difference between gender identity and sexual orientation and everyone's respect, inclusive, respect people's identities? right to be loved stereotype, What does commitment in a The qualities of healthy relationships that help individuals flourish commitment, marriage, family or relationship mean? Ways in which couples show their love and commitment to one another, partnership, family, love, What can we do if someone's including those who are not married or who live apart responsibility, rights, rights or safety are at risk? • What marriage and civil partnership mean e.g. a legal declaration of choice, forced marriage, commitment made by two adults safety, trusted adult That people have the right to choose whom they marry or whether to get married That to force anyone into marriage is illegal How and where to report forced marriage or ask for help if they are worried Safe relationships – Personal safety, pressure and consent online, friendship, trust, How can we tell if an online Children learn: safety, pressure,

friendship is healthy?

- Features of a healthy and unhealthy friendship
- The shared responsibility if someone is put under pressure to do something dangerous and something goes wrong
- Strategies to respond to pressure from friends including online
- How to assess the risk of different online 'challenges' and 'dares'
- How to recognise and respond to pressure from others to do something unsafe or that makes them feel worried or uncomfortable
- How to get advice and report concerns about personal safety, including online
- What consent means and how to seek and give/not give permission in different situations

manipulation,
responsibility, pressure,
consequence, decision,
influence,
accountability,
challenge, dare, risk,
decision, strategy,
unsafe, uncomfortable,
confidence, support,
consent, permission,
secret, uncomfortable,
safe, trusted adult,
image, consent, peer
pressure, privacy, digital
footprint, sharing

- What should we do if someone is pressuring us or others online?
- How can we stay safe when facing pressure or online challenges?
- What can we do if someone pressures us to do something unsafe?
- What should we do if someone makes us feel unsafe or uncomfortable?
- How can we make safe and respectful choices when sharing images online?

Respecting ourselves and others – Debate and Values

Children learn:

- The link between values and behaviour and how to be a positive role model
- How to discuss issues respectfully
- How to listen to and respect other points of view
- How to constructively challenge points of view they disagree with
- Ways to participate effectively in discussions online and manage conflict or disagreements

Self-image, identity,
Respect
, Digital footprint, Role
model, Empathy,
perspective, respect,
listening, challenge,
discussion,
Communication, respect,
empathy, collaboration,
conflict, resolution

- How can we use our online presence to reflect who we are and inspire others in a positive way?
- How can we disagree with others in a way that shows respect and helps us all learn and grow?
- How can we work together online in a way that supports healthy relationships, even when we don't agree?