



Subject Overview | PSHE including RSE
Zetland Primary School

Year Group: 6

PSHE inc RSE Y6	Autumn	Spring	Summer
<p>In UKS2 we will be covering the eight key areas of our PSHE including RSE curriculum taken from our agreed Ironstone Academy Trust PSHE Inc. relationships and sex education programme of study. The structure is to be used as a guide to show the coverage across the year although should remain flexible to allow for high quality, trustworthy discussions to take place responding to the current needs of the children throughout the year.</p> <p>Key events linked to the subject are also included across the year e.g. Mental Health Week/Internet Safety Week</p>	<p>Online Safety Pre-topic discussion – what forms of social media do we use? Understanding unrealistic online expectations – body images in real-life and online Bias in the media – examples of conflicting reports / true or false activity What people can we trust online – recognise own responsibilities online, recognise how people attempt to influence us online. What to do if we feel worried – look through common ways of referral, discuss who (in our contacts) we would inform.</p> <p>Drugs and Alcohol ‘Jugs and Herrings’ assessment activity What are drugs and how harmful can they be – ladder of harm activity Using medicines correctly and safely – vaccines and immunisation Legal and Illegal drugs (other than medicines) Influences and Pressure – explore ways to respond assertively Drugs and Alcohol in the media – critically evaluate advice and information presented through various forms of media (link to lessons on bias)</p>	<p>Life Skills and People Who Help Me Understanding hazards/ risks and how to keep safe – particularly link to railway crossings What is an emergency? Who should I contact? – Role Play of scenarios. Practice ‘999’ calls – what happens? Budgeting – what is it? Why is it important? Discuss household bills/savings</p> <p>Keeping Minds and Bodies Safe Courtesy and Manners - For children to think about what are good manners and what are not. Introducing children to societal norms around manners. Good and Bad Peer Pressure – understand the concept of peer pressure and how this affects our choices. Helpful and unhelpful worries – recognise worries and how to manage them (Link to SATs pressure) Stress – dealing with emotions and changes. How to cope with emotions that we find difficult Worries – explore the concept of things that we can and can’t change. Explore how we can better manage these.</p>	<p>Relationships What makes a relationship happy or unhappy? Why do relationships change during adolescence? How can I cope with changing relationships with my family and friends? Why do people get married or have a civil partnership? What can I do about family and friendship break-up? Should everyone have a boyfriend or girlfriend at my age? At what age is it legal to have sex? At what age is it legal to get married/ or have a civil partnership? What does it mean to be gay, lesbian, bisexual or transgender? What is acceptable touching and behaviour amongst my peers?</p> <p>Yasmin and Tom (Sex Education) and Life Cycles Changes at puberty Menstruation Wet dreams and masturbation Making babies – sexual intercourse Making babies – assisted fertility and multiple births Making babies – pregnancy and birth</p>



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