

## Living in the Wider world (PSHE Association)

### How can the media influence people?

- how the media, including online experiences, can affect people's wellbeing - their thoughts, feelings and actions
- that not everything should be shared online or social media and that there are rules about this, including the distribution of images
- that mixed messages in the media exist (including about health, the news and different groups of people) and that these can influence opinions and decisions
- how text and images can be manipulated or invented; strategies to recognise this
- to evaluate how reliable different types of online content and media are, e.g. videos, blogs, news, reviews, adverts
- to recognise unsafe or suspicious content online and what to do about it
- how information is ranked, selected, targeted to meet the interests of individuals and groups, and can be used to influence them
- how to make decisions about the content they view online or in the media and know if it is appropriate for their age range
- how to respond to and if necessary, report information viewed online which is upsetting, frightening or untrue
- to recognise the risks involved in gambling related activities, what might influence somebody to gamble and the impact it might have
- to discuss and debate what influences people's decisions, taking into consideration different viewpoints

Created for the Trinity Catholic Primary

# Year 6 RSHE

## Relationships (and sex) education taught through Journey in Love.

### What types of relationship do people have?

- Different types of relationships
- Marriage and what it symbolises.
- Characteristics of a positive relationships
- Appropriate boundaries with peers and others (including online)
- Permission seeking and giving
- How can our behaviour contribute to the wellbeing of others?

### How are babies made?\*

- key building blocks of a loving relationship and family
- reproductive organs in male and female body and explain how human life is conceived
- how does conception take place?
- understand how a child grows in a mother's womb.

## Health Education (PSHE Association)

### How can we keep healthy as we grow? (part 1)

- how to make choices that support a healthy, balanced lifestyle including:
  - » how to plan a healthy meal
  - » how to stay physically active
  - » how to maintain good dental health, including oral hygiene, food and drink choices
  - » how to benefit from and stay safe in the sun
  - » how and why to balance time spent online with other activities
  - » how sleep contributes to a healthy lifestyle; the effects of poor sleep; strategies that support good quality sleep
- how to manage the influence of friends and family on health choices
- that habits can be healthy or unhealthy; strategies to help change or break an unhealthy habit or take up a new healthy one

### How can we keep healthy as we grow? (Part 2)

- how mental and physical health are linked
- how positive friendships and being involved in activities such as clubs and community groups support wellbeing
- how legal and illegal drugs (legal and illegal) can affect health and how to manage situations involving them
- how to recognise early signs of physical or mental ill-health and what to do about this, including whom to speak to in and outside school
- that health problems, including mental health problems, can build up if they are not recognised, managed, or if help is not sought early on
- that anyone can experience mental ill-health and to discuss concerns with a trusted adult
- that mental health difficulties can usually be resolved or managed with the right strategies and support