



# Moorside Primary School

## ERSHE-SMSC Year 6 Overview

Autumn- Relationships	Spring- Living in the Wider World	Summer- Health and Wellbeing
<p><b>Families and Friendships</b></p> <p>what it means to be attracted to someone and different kinds of loving relationships            that people who love each other can be of any gender, ethnicity or faith            the difference between gender identity and sexual orientation and everyone's right to be loved            about the qualities of healthy relationships that help individuals flourish            ways in which couples show their love and commitment to one another, including those who are not married or who live apart            what marriage and civil partnership mean e.g. a legal declaration of commitment made by two adults            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</p>	<p><b>Belonging to a Community</b></p> <p>what prejudice means            to differentiate between prejudice and discrimination            how to recognise acts of discrimination            strategies to safely respond to and challenge discrimination            how to recognise stereotypes in different contexts and the influence they have on attitudes and understanding of different groups            how stereotypes are perpetuated and how to challenge this</p>	<p><b>Physical Health and Mental Wellbeing</b></p> <p>that mental health is just as important as physical health and that both need looking after            to recognise that anyone can be affected by mental ill-health and that difficulties can be resolved with help and support            how negative experiences such as being bullied or feeling lonely can affect mental wellbeing            positive strategies for managing feelings            that there are situations when someone may experience mixed or conflicting feelings            how feelings can often be helpful, whilst recognising that they sometimes need to be overcome            to recognise that if someone experiences feelings that are not so good (most or all of the time) – help and support is available            identify where they and others can ask for help and support with mental wellbeing in and outside school            the importance of asking for support from a trusted adult            about the changes that may occur in life including death, and how these can cause conflicting feelings            that changes can mean people experience feelings of loss or grief            about the process of grieving and how grief can be expressed            about strategies that can help someone cope with the feelings associated with change or loss            to identify how to ask for help and support with loss, grief or other aspects of change            how balancing time online with other activities helps to maintain their health and wellbeing            strategies to manage time spent online and foster positive habits e.g. switching phone off at night            what to do and whom to tell if they are frightened or worried about something they have seen online</p>
<p><b>Safe Relationships</b></p> <p>to compare the features of a healthy and unhealthy friendship            about 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'</p>	<p><b>Media Literacy and Digital Resilience</b></p> <p>about the benefits of safe internet use e.g. learning, connecting and communicating            how and why images online might be manipulated, altered, or faked            how to recognise when images might have been altered</p>	<p><b>Growing and Changing</b></p> <p>To recognise some of the changes as they grow up e.g increasing independence            About what being more independent might be like, including how it may feel</p>



# Moorside Primary School

## ERSHE-SMSC Year 6 Overview

<p>how to recognise and respond to pressure from others to do something unsafe or that makes them feel worried or uncomfortable</p> <p>how to get advice and report concerns about personal safety, including online</p> <p>what consent means and how to seek and give/not give permission in different situations</p>	<p>why people choose to communicate through social media and some of the risks and challenges of doing so</p> <p>that social media sites have age restrictions and regulations for use</p> <p>the reasons why some media and online content is not appropriate for children</p> <p>how online content can be designed to manipulate people's emotions and encourage them to read or share things</p> <p>about sharing things online, including rules and laws relating to this</p> <p>how to recognise what is appropriate to share online</p> <p>how to report inappropriate online content or contact</p>	<p>About the transition to secondary school and how this may affect their feelings</p> <p>About how relationships may change as they grow up or move to secondary school</p> <p>practical strategies that can help to manage times of change and transition e.g. practising the bus route to secondary school</p> <p>identify the links between love, committed relationships and conception</p> <p>what sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults</p> <p>how pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb</p> <p>that pregnancy can be prevented with contraception<sup>2</sup></p> <p>about the responsibilities of being a parent or carer and how having a baby changes someone's life</p>
<p><b>Respecting Ourselves and Others</b></p>	<p><b>Money and Work</b></p>	<p><b>Keeping Safe</b></p>
<p>about the link between values and behaviour and how to be a positive role model</p> <p>how to discuss issues respectfully</p> <p>how to listen to and respect other points of view</p> <p>how to constructively challenge points of view they disagree with</p> <p>ways to participate effectively in discussions online and manage conflict or disagreements</p>	<p>about the role that money plays in people's lives, attitudes towards it and what influences decisions about money</p> <p>about value for money and how to judge if something is value for money</p> <p>how companies encourage customers to buy things and why it is important to be a critical consumer</p> <p>how having or not having money can impact on a person's emotions, health and wellbeing</p> <p>about common risks associated with money, including debt, fraud and gambling</p> <p>how money can be gained or lost e.g. stolen, through scams or gambling and how these put people at financial risk</p> <p>how to get help if they are concerned about gambling or other financial risks</p>	<p>how to protect personal information online</p> <p>to identify potential risks of personal information being misused</p> <p>strategies for dealing with requests for personal information or images of themselves</p> <p>to identify types of images that are appropriate to share with others and those which might not be appropriate</p> <p>that images or text can be quickly shared with others, even when only sent to one person, and what the impact of this might be</p> <p>what to do if they take, share or come across an image which may upset, hurt or embarrass them or others</p> <p>how to report the misuse of personal information or sharing of upsetting content/images online</p> <p>about the different age rating systems for social media, T.V, films, games and online gaming</p> <p>why age restrictions are important and how they help people make safe decisions</p> <p>about what to watch, use or play</p> <p>about the risks and effects of different drugs</p> <p>about the laws relating to drugs common to everyday life and illegal drugs</p>



# Moorside Primary School ERSHE-SMSC Year 6 Overview

		<p>to recognise why people choose to use or not use drugs, including nicotine, alcohol and medicines as well as illegal drugs about the organisations where people can get help and support concerning drug use how to ask for help if they have concerns about drug use about mixed messages in the media relating to drug use and how they might influence opinions and decisions</p>
--	--	---