

# Sticky Knowledge – PSHE

## Class – Redwoods

### Year 6



## Relationships - VIPs

### Autumn 1

- Who are the VIPs within your families and friendship groups?
- How important are kindness and respect within these relationships?
- What do we mean by conflicts and resolutions in relationships?
- Can you describe a healthy and an unhealthy relationship?

## Health & Wellbeing – Safety First

### Autumn 2

- What is peer pressure and how can you stand up to it?
- What would you do if you felt that you were in danger?
- What would you do in an emergency? How would you get help?
- What hazards, dangers and risks are there both inside the home and outdoors?

## Living in the Wider World – One World

### Spring 1

- How can the choices we make help the environment and all living things throughout the world?
- What do we mean by sustainability?
- What is biodiversity and why is it important?
- What would you like to do to make the world a better place?

## Relationships – Digital Wellbeing

### Spring 2

- How can you use the Internet positively and look after your wellbeing while being online?
- What are the risks of being online?
- What does a respectful and healthy online relationship look like? How can you get help if you are in an unhealthy online relationship?
- What are the benefits and risks of social media and how can social media can be used responsibly?
- What does online bullying look like and how can you make it stop?
- What is 'fake news' and how can you tell if something online is reliable or not?

## Living in the Wider World – Money Matters

### Summer 1

- What is a financial risk and why do people take risks with money?
- How do advertisers try to encourage people to spend money?
- What is budgeting and how do people choose to prioritise spending?
- What impact can money have on people's emotional wellbeing?
- What impact can spending have on the environment?

## Health & Wellbeing – Growing Up

### Summer 2

- Explain the different ways that we grow and change, both physically and emotionally.
- What are the different types of relationships that people have?
- What is a sexual relationship and what are sexually transmitted diseases?
- What do we mean by a positive body images and what are stereotypes?