Y6 PSHE – Being Me in My World

Essential Knowledge

How can I understand myself and others so that I feel confident, express my worries safely and set goals for the future?
Everyone has hopes and goals for the year ahead. It's normal to have worries too. Talking about them can make them feel smaller and easier to manage.

In what ways do my own wants and needs help me understand the rights all children should have, and why some children do not get them?
Reflecting on our feelings, ambitions and preferences helps us understand our wants and needs. Thinking about fairness, stereotypes and other children's experiences can change how we see things we may take for granted.

Why does understanding my own wants, needs, and actions help me recognise how children's lives differ in communities locally and globally?
There is a difference between wants and needs, and it is important to know what is truly essential. By using Maslow's hierarchy of needs, we can reflect on which needs are being met and how this affects our learning.

Why is it important to understand how my choices affect others and how my rights, responsibilities, and empathy guide the way I behave?
When we set learning goals, there can be challenges to overcome. It is important to find solutions and keep trying. We all have rights and responsibilities that help create a positive learning environment. Taking responsibility can bring rewards, while not doing so may lead to consequences.

How can understanding the impact of my behaviour help me contribute positively to a group, so we work well together as a whole?
All actions have consequences, and our choices can affect others. As responsible citizens, we should think about our rights and responsibilities, as well as those of others.

How does understanding democracy help me recognise the value of having a voice in our school community?
Effective teamwork depends on collaboration and listening to others, helping groups achieve shared goals. Understanding that actions have consequences encourages responsible choices. Democratic decision-making helps groups make fair decisions and ensures everyone has a voice.

Key Vocabulary

collaboration	working together with other people to achieve a shared goal
consequences	the results or effects of our actions and choices
courtesy	showing good manners, kindness, and respect towards others
discernment	thinking carefully and using good judgement to make sensible decisions
democracy	a system where everyone has a voice and people vote to help make decisions
empathy	understanding and caring about how another person feels by imagining what it is like to be in their situation
hazard	something that could cause harm, danger or injury if we are not careful

Aspirational Knowledge

By understanding ourselves, respecting others and taking responsibility for our actions, we can grow into confident and caring people. Recognising our strengths and challenges helps us set goals and overcome obstacles. Understanding others' rights, needs and experiences encourages empathy, fairness and inclusion. By making positive choices and working well with others, we can make a positive difference in our school, community and beyond.

Y6 PSHE – Being Me in My World

Key Knowledge

How can I learn about myself and other people, share my worries safely and work towards my goals?
Everyone has things they are excited about and things they worry about. Talking to others can help make worries feel smaller.

How do my wants and needs help me understand what all children should have?
Understanding our feelings and choices helps us learn about ourselves. Thinking about fairness and other people's experiences can help us understand and respect others.

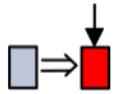
How can my own wants and needs help me understand that children live differently around the world?
Some things are needs, like food, water, and shelter. Other things are wants, like toys or games. When we know the difference, we can understand that not all children have the same things.

Why is it important to think about how my choices affect other people?
Goals can take time and effort to achieve. Good choices can bring rewards, while poor choices can lead to consequences. Everyone should respect the rights of others in school.

How can my behaviour help my group work well together?
What we do can affect other people. Being kind, helpful and responsible helps everyone feel included and do their best. Thinking about our actions can help make our school a happy and successful place.

How does democracy help everyone have a voice in school?
Working together means listening to others and sharing ideas. Everyone should have a chance to say what they think. Voting helps groups make fair decisions, so everyone feels included.

Key Vocabulary

collaboration		working together and helping each other
consequences		what happens because of something we do
courtesy		being polite, kind, and respectful
discernment		thinking carefully to make a good choice
democracy		everyone gets a chance to share their ideas and vote
empathy		understanding how someone else feels



Y6 PSHE – Celebrating Difference

Essential Knowledge

How can understanding that everyone is different help me show empathy and respect for others?
What is considered normal, can be different for different people, places and times. Assumptions about abnormality can lead to prejudice and discrimination. Unfair treatment effects people with different protected characteristics.

How can understanding other people's experiences help me think about my own attitudes towards those who are different from me?
Belonging means different things to different communities. Looking at the world through someone else's eyes can build understanding and respect. Stereotypes and assumptions can lead to discrimination. Fairness and equity are important when welcoming people into communities.

How can understanding power and exclusion help me show empathy and treat others fairly?
People can gain power over others and how that can affect acceptance, fairness and equality. Pupils in different situations can use power positively or negatively, including online. Unfair behaviour can be challenged and stop others from having power over us, by seeking support from trusted adults.

Why do some people use bullying behaviours and how can I deal with bullying in a positive way?
Bullying is different from unkind behaviour that happens only once. It is repeated, deliberate and unfair. Bullying affects people's feelings and it is important to challenge it, seeking support when needed. There are reasons why people display bullying behaviours.

How can learning about people who overcome challenges help me appreciate others for who they are?
Determination, perseverance and hard work can help people achieve great success. We should respect and admire for people's achievements, regardless of disability. It is important to treat everyone fairly and valuing people for who they are.

How can our differences sometimes cause problems and sometimes bring people together and how can I show empathy in both situations?
Differences between people can sometimes cause conflict but can also be a reason for celebration. Respect, understanding and empathy can help overcome disagreements and build positive relationships. It is important to value diversity, treating people fairly and creating an inclusive community.

Key Vocabulary

male	a person whose biological sex is male
female	a person whose biological sex is female
biological sex	whether a person is male or female, based on their body and reproductive biology
stereotype	a fixed idea about a group of people that may not be true for everyone in that group
gender identity	a person's inner sense of being male, female, both, neither or another gender
transgender	a person whose gender identity is different from the biological sex they were assigned at birth
non-binary	a person whose gender identity is not male or female

Aspirational Knowledge

It is important to understand that everyone is unique and deserves to be treated with respect, fairness and kindness. Stereotypes, prejudice and discrimination can harm individuals and communities. Empathy, understanding and valuing differences help people build positive relationships and feel a sense of belonging. Recognition of the strengths, achievements and contributions of others, regardless of their background, identity or ability is important.

Y6 PSHE – Celebrating Difference

Key Knowledge

How can I be kind to people who are different from me?
People have different ideas about what is normal. Thinking people are wrong because they are different can lead to unfair treatment. Everyone deserves respect and fairness.

How can I respect people who are different from me?
People belong to different communities. Looking at life through another person's eyes can help us understand and respect them. Making assumptions about people can be unfair and lead to discrimination. Everyone should feel welcome, valued and included.

How does it feel to be left out and how can I be kind to others?
People can use power to be kind or unkind. Power can be used in real life and online. If someone is unfair to us, we can challenge it and ask a trusted adult for help. This can stop others from having power over us.

What can I do if I am involved in a bullying situation?
Bullying is not the same as being unkind once. Bullying happens again and again, and it is done on purpose. Bullying can hurt people's feelings. If bullying happens, it is important to tell a trusted adult and get help.

How can I appreciate people for who they are?
Hard work, perseverance and not giving up can help people succeed. We should respect people's achievements, including those of people with disabilities. Everyone should be treated fairly and valued for who they are.

How can I understand how other people feel when they are different?
People are different in many ways. Differences can sometimes cause problems, but they can also be something to celebrate. Kindness, understanding and respect help people get along. Everyone should be treated fairly and feel included.

Key Vocabulary

male		a boy or man
female		a girl or woman
biological sex		whether a person is born male or female
stereotype		an idea that all people in a group are the same
gender identity		how a person feels about being a boy, a girl, both, or neither
transgender		a person whose gender identity is different from the sex they were born as
non-binary		a person who does not feel they are only a boy or only a girl

Y6 PSHE – Dreams and Goals

Essential Knowledge

What are my strengths, what goals can I set, and why is it important to stretch my learning
To understand what my strengths are and the reasons why it is important to stretch the boundaries of my current learning.

What steps will I take to reach my goal, how will I motivate myself, and how will I know I have been successful?
While understanding my own achievements, I will be able to give praise and compliments to other people and recognise that person's achievements too.

What world problems do I care about, and how do they make me feel?
I will empathise with people who are suffering or living in difficult situations.

How can I work with others to help improve the world and show empathy for people in need?
Using empathy skills, I will recognise the emotions they experience when I consider people in the world who are suffering or living in difficult circumstances. I will also think about my motivation to make things better.

How can I help make the world better and what motivates me to do it?
I will be able to share my ideas and work with others to achieve a goal to make an improvement for others.

How can I accept praise from others and give compliments to recognise people's achievements?
I will learn to notice and value my own and others' work, give and receive praise, and understand how working together and kind words help build confidence and a happy class.

Key Vocabulary

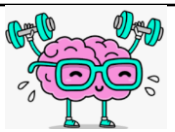
realistic	something that can happen or be achieved
unrealistic	something that is very unlikely or impossible to happen
empathy	understanding and sharing feelings with another person
global	relating to the whole world
compliment	a kind or positive thing you say about someone
recognition	being noticed or praised for something you have done well
motivation	the reason or feeling that makes you want to do something or keep trying

Aspirational Knowledge

I will be able to explain and reflect on a wide range of emotions experienced when thinking about people living in difficult circumstances around the world and show empathy by identifying positive actions that could support or improve the lives of others, working with other people to achieve common goals.

Y6 PSHE – Dreams and Goals

Key Knowledge
What are my learning strengths? I will understand what I am good at in my learning and how I can use it.
How will I know I have been successful? I will know how to set the steps to take to achieve my goal.
What problems are happening in the world today? I will think about problems and suffering of others in the world and how I feel about them.
How can I help make the world a better place? I will think about how others are feeling and how I can make a change.
How can I work with others to make changes? I will work with others to achieve a goal.
How can I recognise my own and others' achievements? Children will learn how to set themselves goals that stretch and develop them, without being unrealistic.

Key Vocabulary		
realistic		something that can happen or be achieved
unrealistic		something that is not likely to happen or be achieved
global		around the world
suffering		going through something that causes pain
success		when something works or is achieved
stretch		to make something bigger

JIGSAW!

Y6 PSHE – Healthy Me

Essential Knowledge

How can I take responsibility for my health and well-being?
As we grow, we take responsibility for our health by making good choices, staying active, eating well, keeping safe, getting check-ups and asking for help when needed.

How do drugs affect human bodies?
Drugs affect the body and mind, especially the liver and heart. Some drugs are medicines, some are harmful, and there are safer ways to cope with life than taking drugs.

What is exploitation and how can we support people?
Some people may be pressured or tricked into illegal activities. Recognising danger, making safe choices, and talking to trusted adults helps protect ourselves and others from exploitation.

Why do some people join gangs and what are the risks involved?
Not all groups are safe. People may join gangs due to pressure, boredom or family issues, but being aware, making safe choices and seeking help keeps us safe from risk or crime.

What does it mean to be emotionally well?
Mental health is like a well: positive feelings fill it; negative feelings empty it. We can notice early signs of struggle and use strategies or trusted adults to keep ourselves emotionally healthy.

Why is it important to recognise stress and its triggers to prevent drug and alcohol misuse?
Stress affects thoughts and choices and people may misuse drugs or alcohol to cope. Healthy ways include talking to adults, exercising, sleeping well and doing things we enjoy to manage stress safely.

Key Vocabulary

exploitation	when someone uses another person to get something for themselves
triggers	things that make us feel stressed, worried, or upset
vulnerable	being at risk of harm or in a situation where you could be hurt
illegal / restricted / prescribed	different types of drugs and rules about them
emotional / mental health	how our mind and feelings are doing
coping / strategies	ways we deal with stress, pressure, or problems
peer pressure	when someone tries to make you do something, even if you don't want to

Aspirational Knowledge

Know how to make safe choices, handle tricky feelings and pressure, help others, notice risks and do things that keep you healthy and safe.

Y6 PSHE – Healthy Me

Key Knowledge

How can I look after my body?
I look after my body by making good choices. I eat healthy food and drink water. I move my body and get enough sleep. I keep myself safe. If I need help, I tell a trusted adult.

What do drugs do to the body?
Drugs change how the body works. Some drugs are medicine and help us. Some drugs are dangerous and can harm the body. Drugs can hurt the heart and liver. It is safer not to take harmful drugs.

What is exploitation?
Exploitation is when someone is forced or tricked. It is not safe. If something feels wrong, it probably is. I can say no and tell a trusted adult. Trusted adults help keep me safe.

Why are some groups unsafe?
Some groups are not safe. People may join because of pressure or feeling lonely. Gangs can lead to danger and trouble. I stay safe by making good choices and asking trusted adults for help.

What is emotional health?
Emotional health is how I feel inside. Feeling happy and calm is good. Feeling sad or angry for a long time is not good. I can talk to someone I trust to feel better.

What is stress?
Stress is feeling worried or under pressure. Stress can affect my choices. Drugs and alcohol are not safe ways to cope. I can talk, rest, move and do fun things to feel calm.

Key Vocabulary

triggers		things that make us feel stressed, worried or upset
vulnerable		someone may not be safe and could be hurt
illegal / restricted / prescribed drugs		some drugs are not allowed, some have rules and some are given by a doctor to help us
emotional / mental health		how our mind and feelings are doing
coping strategies		safe ways to deal with stress or problems
peer pressure		when someone tries to make you do something you do not want to do

Y6 PSHE – Relationships

Essential Knowledge

Why is it important to take care of my mental health?
Everyone should take care of their mental health; in the same way they take care of their physical health. Stress and anxiety are normal parts of life, but too many challenges without enough support can affect mental wellbeing. There are early warning signs that mental health may be becoming unbalanced and where support may be needed.

How can I help myself and others when worried?
Thoughts, feelings and actions are connected and can affect mental health. There are signs that can be recognised, signs that they or others may need support. There are strategies that can help maintain good mental wellbeing. Seeking help from trusted adults is a positive step and that everyone needs support sometimes.

What are the stages of grief and how can I manage feelings when I lose someone or something?
Different types of loss and change can cause grief and a wide range of emotions. People experience grief in different ways and may go through different stages as they cope with loss. It is important to recognise feelings, use coping strategies and seeking support from trusted people during difficult times.

How can I recognise when someone is trying to control me?
People may try to gain power or control over others, and it is important to recognise when this is happening. Being assertive and respectful, there are ways to stand up against unfair situations. It is important to have confidence, use courtesy and seek support when someone is using power or control in a negative way.

How can I judge if something online is safe and helpful?
It is important to stay safe online by judging whether online content is real, helpful and trustworthy. Online pressure and influences can sometimes encourage unsafe choices, and that it is important to think carefully before sharing or acting on content.

How can I use technology positively and safely with friends and family?
Technology and AI can be used safely and responsibly to communicate and find information. Online safety, privacy, digital rights should be thought about when something is seen online. Families can work together to use technology safely, protect personal information and make responsible choices online.

Key Vocabulary

stigma	a negative or unfair belief about a person or group
stress	a feeling of pressure, worry or being overwhelmed
anxiety	strong feelings of worry, nervousness or fear
grief	deep sadness after losing someone or something important
despair	a feeling of having no hope
bereavement	the experience of losing someone through death
coping strategies	things people do to help manage difficult feelings, worries or problems

Aspirational Knowledge

Understanding mental health, recognising when to seek support, and responding to challenges with empathy helps build resilience and wellbeing. Recognising unfair power, making safe online choices, and thinking critically support personal safety. Respectful and inclusive communities, online and offline, help people feel valued, supported, and protected.

Y6 PSHE – Relationships

Key Knowledge

Why is it important to look after my feelings?
Everyone should look after their mental health, just like they look after their body. Feeling stressed or worried is normal, but too many problems and not enough help can affect mental health. There are signs that show when someone may need support, and it is important to ask for help when needed.

How can I feel better if I am sad or worried?
Thoughts, feelings and actions are linked and can affect how we feel. There are signs that show when someone may need help or support. There are ways to help keep our mental health healthy. Talking to a trusted adult is a positive thing to do when we need help.

How do people feel when they lose someone or something?
Different kinds of loss and change can make people feel sad and cause grief. People may have different feelings and go through different stages when they are coping with a loss. It is important to understand our feelings, use ways to help ourselves cope, and talk to trusted people when we need support.

How can I tell if someone is bossy or unfair?
People may try to control others, and it is important to notice when this happens. We can stand up to unfair behaviour by being calm, confident and respectful. If we need help, we should talk to a trusted adult.

What should I do if someone asks me to do something dangerous online?
It is important to stay safe online by checking if things are real and safe to trust. People online may try to pressure us into making unsafe choices. We should think carefully before we share, click on or believe something online.

How can I keep myself safe online?
Technology and AI can help us talk to people and find information. We should think about safety, privacy and personal information when using the internet. Families can help each other use technology safely and make good choices online.

Key Vocabulary

stigma		unkind ideas about a person or group
stress		feeling worried or under pressure
anxiety		feeling very worried or afraid
grief		feeling very sad when someone dies
despair		feeling like there is no hope
bereavement		when someone important to you dies
coping strategies		things that help you feel better when you are upset or worried

Y6 PSHE – Changing Me

Essential Knowledge

How can I build a positive self-image and feel confident about who I am?
Feeling pressured by society and media can affect self-image. Comparing ourselves can harm self-esteem. Using the Safety STAR helps challenge unkind thoughts, build confidence, and develop a healthier, more positive view of ourselves.

How can I understand and manage the changes that happen during puberty?
During puberty, bodies and feelings change in different ways. Looking after hygiene and emotional wellbeing is important, and talking to trusted adults helps us understand and manage these changes confidently.

How does a baby develop from conception to birth?
A baby develops over nine months from conception into an embryo and then a foetus. It grows in the womb, supported by the placenta and umbilical cord, and is born through labour or sometimes a Caesarean section.

What makes a healthy and respectful boyfriend/girlfriend relationship?
Relationships should be based on respect, trust and personal choice. People may feel pressure in relationships, but consent is always essential and no one should be forced or pressured into anything they are not comfortable with.

How can I develop a positive self-esteem and challenge negative body-talk?
We are influenced by unrealistic media images that can affect how we see ourselves. Negative body-talk can harm self-esteem, but we can challenge it by focusing on realistic thinking, positive self-image, and what makes us unique inside and out.

How can I prepare for changes and challenges when moving to a new year or school?
Transition to a new class or school can bring both excitement and worries. Sharing feelings, talking about concerns, and focusing on positive hopes helps children feel more confident and prepared for upcoming changes.

Key Vocabulary

self-esteem	how much you value, like and believe in yourself
self-image	how you see yourself
body image	how you feel about your body
puberty	the time when your body begins to change as you grow into a teenager
consent	giving clear permission for something without pressure or force
pressure	feeling pushed or influenced to do something

Aspirational Knowledge

Growing up involves physical, emotional, and social change. Self-esteem and self-image can be shaped by thoughts, media, and others, but can be improved through positive thinking and support. Healthy relationships need respect, consent, and no pressure.

Y6 PSHE – Changing Me

Key Knowledge

How can I feel good about myself and build confidence?
Comparing ourselves to others can lower our confidence. There are helpful tools like Safety STAR that we can use to challenge negative thoughts and build a positive self-image.

How can I understand the changes that happen during puberty?
During puberty, our bodies and feelings change. This can mean that we need to talk to trusted adults to help us understand feel confident and understand these changes.

How does a baby develop and grow before it is born?
A baby grows over nine months in the womb, changing from an embryo to a foetus, and is born through birth or sometimes an operation called a Caesarean section.

What makes a healthy relationship?
A healthy relationship has respect, trust, and choice. nobody should ever feel pressured and can say no. Consent means both people feel comfortable and agree.

How can I feel good about myself?
Images in the media are not always real. Negative thoughts can hurt how we feel, but these can be challenged, focussing on what makes everyone unique and positive.

How can I get ready for changes?
Starting somewhere new can feel exciting and worrying. Talking about our feelings and thinking positively can help us feel ready and confident.

Key Vocabulary

self-image		how you see yourself
body-image		how you feel about yourself
self-esteem		how much you believe in yourself
consent		to agree to something
pressure		when you feel forced into something
puberty		when your body begins to change as you become a teenager