



The ASPIRE Curriculum-Key Learning

Title: Relationships

Year 6 Summer 1

Subject: PSHE

Key Knowledge	Key Skills (Social and Emotional)	Key Vocabulary	
<ul style="list-style-type: none"> I know that it is important to take care of my own mental health. I know ways that I can take care of my own mental health. I know the stages of grief and that there are different types of loss that cause people to grieve. I know that sometimes people can try to gain power or control them. I know some of the dangers of being 'online. I know how to use technology safely and positively to communicate with my friends and family. 	<ul style="list-style-type: none"> I can recognise that people can get problems with their mental health and that it is nothing to be ashamed of. I can help myself and others when worried about a mental health problem. I can recognise when I am feeling grief and have strategies to manage it. I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control. I can resist pressure to do something online that might hurt myself or others. I can take responsibility for my own safety and well-being. 	<p>Abuse</p>	<p>Regularly treat with cruelty or violence.</p>
		<p>Anxiety</p>	<p>Worry/fear</p>
		<p>Ashamed</p>	<p>Feeling embarrassed or guilty because of something you have done</p>
		<p>Assertive</p>	<p>Having confidence.</p>
		<p>Coping strategies</p>	<p>Ways to help people reduce /manage stress</p>
		<p>Risks</p>	<p>A situation involving exposure to danger</p>
		<p>Self control</p>	<p>Being able to control yourself especially your emotions in different situations</p>
		<p>Self harm</p>	<p>Deliberately injuring yourself</p>
		<p>Stigma</p>	<p>A mark of disgrace associated with an event or a person</p>

Relationships

