

### Prior Learning (Skills)

- Can suggest strategies for building self-esteem of themselves and others
- Can identify when an online community / social media group feels risky, uncomfortable, or unsafe
- Can suggest strategies for staying safe online/ social media and know how to report unsafe activity.
- Can identify when an online game is unsafe
- Can suggest ways to reduce screen time
- Can suggest strategies for managing unhelpful pressures online or in social networks

### Prior Learning (Knowledge)

- Know that a personality is made up of many different characteristics, qualities and attributes
- Know that belonging to an online community can have positive and negative consequences
- Know that there are rights and responsibilities in an online community or social network
- Know that there are rights and responsibilities when playing a game online
- Know that too much screen time isn't healthy
- Know how to stay safe when using technology to communicate with friends

### Key Skills

- Recognise that people can get problems with their mental health and that it is nothing to be embarrassed about
- Can help themselves and others when worried about a mental health problem
- Recognise when they are feeling grief and have strategies to manage it
- Demonstrate ways they could stand up for themselves and their friends in situations where others are trying to gain power or control
- Can resist pressure to do something online that might hurt themselves or others
- Can take responsibility for their own safety and well-being



# Year 6 - PSHE Relationships



**BE SMART ONLINE**

- S SAFE** Keep your personal information safe. When chatting or posting online don't give away things like your full name, a password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.
- M MEET** Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is not a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you that tell an adult about things you do together, tell a trusted adult. [www.childline.org.uk](http://www.childline.org.uk)
- A ACCEPTING** Think carefully before you click on or open something online (e.g. links, adverts, friend requests, games) or ever make where they say links to things you can't see. Do not accept anything if you are unsure of who the person is or what they've sent you.
- R RELIABLE** You cannot trust everything you see online as some things can be set up to look real. You can't see all of what's behind the scenes. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.
- T TELL** Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline - 0800 11 11 or [www.childline.org.uk](http://www.childline.org.uk)
- BE SMART WITH A HEART** Remember to always be online with a heart by being kind and respectful to others online. Have the internet a better place by helping your friends if they are worried or upset by anything that happens online.

**The Jigsaw Charter**

- We take turns to speak
- We use kind and positive words
- We listen to each other
- We have the right to pass
- We only use names when giving compliments or when being positive
- We respect each other's privacy (confidentiality)

### Key knowledge

- To recognise that people can get problems with their mental health and that it is nothing to be ashamed of
- To know how to get help when worried about a mental health problem
- To recognise feelings of grief and have strategies to manage them
- To demonstrate ways to stand up for people in situations where others are trying to gain power or control
- To know how to resist pressure to do something online that might cause harm
- To know how to take personal responsibility for safety and well-being

### Vocabulary

<b>Stigma</b>	A stain on someone's character or a sign of disgrace.
<b>Stress</b>	A condition of strain or tension.
<b>Denial</b>	To say/believe that something isn't true.
<b>Despair</b>	A total lack of hope.
<b>Bereavement</b>	Losing a close relation or friend through death.
<b>Abuse</b>	To treat cruelly or with violence.
<b>Assertiveness</b>	Confident and forceful behaviour.
<b>Coping strategies</b>	Ways to help people to deal with things so they are less stressed.
<b>Self-control</b>	To be able control oneself, in particular one's emotions and desires, especially in difficult situations.
<b>Mental health</b>	Mental health is the way people think and feel about themselves and the world around them.
<b>Power</b>	The ability to control others.
<b>Control</b>	To be able to make somebody do something.