Year 6 PSHE Learning Journey

Autumn: Living in the wider world

Belonging to a community

- Lesson 1: What does prejudice mean?
- Lesson 2: What is the difference between prejudice and discrimination?
- Lesson 3: How are stereotypes perpetuated?

Media Literacy and Digital Resilience

- Lesson 1: What are the benefits of the internet?
- Lesson 2: How can we identify fake or altered images online?
- Lesson 3: Why do social media sites have age restrictions?
- Lesson 4: What is clickbait?
- Lesson 5: How do I stay safe sharing online content?

Money and Work

- Lesson 1: What affects choices about money?
- Lesson 2: How do I know if something is value for money?
- Lesson 3: How can money impact wellbeing?
- Lesson 4: How can money be lost or stolen?

Spring: Health and Wellbeing

Physical health and Mental Wellbeing

- Lesson 1: What is mental and physical health?
- Lesson 2: Where can I get help for mental health?
- Lesson 3: What is grief and bereavement?
- Lesson 4: How do we cope with grief and bereavement?
- Lesson 5: How can I regulate emotions?

Keeping safe

- Lesson 6: Why do we need to balance how much time we spend online?
- Lesson 1: What are the risks with sharing personal information online?
- Lesson 2: How can I manage the risks with medicines?
- Lesson 3: what are the risks and effects of legal and illegal drugs?
- Lesson 4: How do I manage peer pressure?

Summer: Relationships

Growing and changing

- Lesson 1: What will it feel like being more independent?
- Lesson 2: What is secondary transition?
- Lesson 3: How can relationships change as we grow?

Families and friendships

- Lesson 1 What is marriage?
- Lesson 2: How are different families formed?

Safe relationships

- Lesson 1: How can we respond to peer pressure?
- Lesson 2: What is consent?

Respecting ourselves and others

- Lesson 1: What are my values and how do they influence me?
- Lesson 2: How do I disagree with respect?