

### Being Me in My World (Autumn 1)

- Identifying goals for the year
- Global citizenship
- Children's universal rights
- Feeling welcome and values
- Choice, consequences and rewards
- Group dynamics
- Democracy. Having a voice
- Anti-social behaviour
- Role-modelling

### Celebrating Difference (Autumn 2)

- Perceptions of normality
- Understanding disability
- Power struggles
- Understanding bullying
- Inclusion/exclusion
- Differences as conflict. Difference as celebration.

### Dreams and Goals (Spring 1)

- Personal learning goals, in and out of school
- Success criteria
- Emotion in success
- Making a difference in the world
- Motivation
- Recognising achievements
- Compliments

Year 6

PSHE/RSE

### Changing Me (Summer 2)

- Puberty and feelings
- girl talk/boy talk
- Babies- Conception to birth
- Real self and ideal self
- The year ahead
- **Bridging the Circle- Transition to Year 7**

### Healthy Me (Spring 2)

- Taking personal responsibility
- How substances affect the body
- Exploitation, including 'county lines' and gang culture
- Emotional and mental health
- Managing stress

### Relationships (Summer 2)

- Mental health
- Identifying mental health worries and sources of support
- Love and loss
- Managing feelings
- Power and control
- Assertiveness
- Technology safety
- Take responsibility with technology use

