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| **Year 6 – *PSHE* – Spring one** | | | |
| What should I already know? | What am I going to learn in this unit? | Vocabulary I need to know | |
| Relationships:   * I can compare the features of a healthy and unhealthy relationship * I can explain how to seek support if I am worried about an unhealthy relationship. * I can explain what marriage and civil partnership means. * I can explain that everyone has the right to choose whom they marry and to force anyone into marriage is illegal. * I can identify how and where to report forced marriage or how to seek support if I am worried.   Living in the wider world:   * I can explain what a stereotype is and why they are harmful. * I can identify how to safely challenge stereotypes in a wide range of scenarios.   Health and wellbeing:   * I can explain that mental health is as important as physical health and both need to be looked after. * I can identify different ways to take care of my mental health. * I can recognise that anyone can be affected by mental ill-health. * I can explain how mental health difficulties can be resolved with help and support. | Relationships:   * I can explain the link between values and behaviour and how to be a positive role model. * I can identify how to discuss issues respectfully.   Living in the wider world:   * I can explain what freedom means within the wider community. * I can identify rights that allow me to have freedom. * I can explain what a reliable media source is. * I can explain how to evaluate a range of media sources.   Health and wellbeing:   * I can identify the risks and effects of different drugs * I can identify the laws relating to drugs common to everyday life and illegal drugs. * I can explain why people choose to use or not use drugs, including nicotine, alcohol and medicines as well as illegal drugs. * I can explain how to seek support about concerns with drug use. | Values | The beliefs that people have |
| Respect | The regard of the feelings, wishes or rights of others |
| Freedom | The power or right to act, speak of think as one wants |
| Media source | A resource that supports the means of mass communication |
| Reliable | Trustworthy |
| Drugs | A substance that changes the way a person's body works |
| Illegal | Against the law. |