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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.  |