

St Winifred's PSHE Map

Year 6 PSHE		
Wellbeing	Changes (SRE/Science)	Staying Safe
<p>Pupils learn:</p> <ul style="list-style-type: none"> • what mental health is • about what can affect mental health and some ways of dealing with this • about some everyday ways to look after mental health • about the stigma and discrimination that can surround mental health • about how and who to ask for help when we feel stressed 	<p>Pupils learn:</p> <ul style="list-style-type: none"> • the basics of authentic friendship with others and God • what values are important to them in relationships • to appreciate the importance of friendship in loving relationships • about human reproduction in the context of loving relationships - appreciate that life is a precious gift of God • how a baby is made and grows • about roles and responsibilities of carers and parents 	<p>Pupils learn:</p> <ul style="list-style-type: none"> • about feelings of being out and about in the local area with increasing independence • about recognising and responding to peer/media pressure • to learn to be able to predict, recognise and assess risk • to understand our right to share a secret when we feel uncomfortable or unsafe- who to tell • about the safe use of mobile phones • about keeping safe on the internet
Being Healthy	Caring for Others	The Wider World
<p>Pupils learn:</p> <ul style="list-style-type: none"> • about different influences on drug use – alcohol, tobacco and nicotine products • strategies to resist pressure from others about whether to use drugs – smoking, drugs and alcohol • about eating healthily • about factors that affect our perception of a healthy body- social, media, peers 	<p>Pupils learn:</p> <ul style="list-style-type: none"> • how to disagree without falling out- the importance of explaining yourself, understanding others and tolerance • about enterprise and how this can be used to support those in need 	<p>Pupils learn:</p> <ul style="list-style-type: none"> • about people who have moved to Lewisham from other places, (including the experience of refugees) • about homelessness • how to budget- what families spend- discuss needs as opposed to wants • about sustainability and consider the human impact on our global community

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