



**Topic: Feelings & Emotions /
Healthy Relationships**

Year: 6

NC Strand: Relationships

What should I already know?

- About the role of trust, respect and boundaries in healthy relationships (including friendships and family)
- How to recognise if a friendship is making them feel uncomfortable or unsafe
- How to maintain and respect privacy and boundaries, including online
- How to recognise different types of physical contact and what is, or is not, acceptable
- About seeking and giving/not giving permission in different situations
- How to seek or report concerns about their personal safety or that of others in a range of contexts
- About the role of trust, respect and boundaries in healthy relationships (including friendships and family)
- How to recognise if a friendship is making them feel uncomfortable or unsafe
- How to maintain and respect privacy and boundaries, including online
- How to recognise different types of physical contact and what is, or is not, acceptable
- About seeking and giving/not giving permission in different situations
- How to seek or report concerns about their personal safety or that of others in a range of contexts

What will I know by the end of the unit?

- Strategies for disputes
- What to do if a friendship is making them feel unsafe, including online
- About opportunities to connect with others, including friends, online
- About what it means to 'know someone online' and how this differs to knowing someone face to face
- About why someone may behave differently online, including pretending to be someone they are not
- How to manage the risks of communicating online with others not know face-to-face

Vocabulary

Support	Giving assistance to someone and allowing them to rely on you and vice versa
Friendships	A relationship between two people based on trust, support and similarities
Peers	People who are of the same age, status or ability as another person
Online	While connected to a computer or under computer controlled
Respect	A feeling of admiration for someone or something based on abilities, qualities or achievements
Fact	A thing that is known or proved to be true
Opinion	A view or judgement formed about something
Trust	Believing in someone or something
Online safety	Protecting yourself and others from online harms and risks which may harm your personal information or effect your mental health and wellbeing
Digital footprint	Information about a particular person that exists on the internet as a result of their online activity



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Rights and Responsibilities

The things that we should have (our rights) and the things that we should do (our responsibilities)

We have a responsibility to keep ourselves and others safe and healthy. Rules and laws are agreed responsibilities that we have in society to keep ourselves and others safe.

Social media can be a great tool for communication, but we need to be wary that we shouldn't believe everything that we read online. We should understand the ideas of fact, fiction, opinion and bias.

We have a responsibility to keep ourselves (and where we can, others) healthy and safe.

Wellbeing

Keeping Myself Safe

Being healthy is about feeling good in your body and wellbeing is about feeling good in your mind. Our relationships with other people are important for our health, wellbeing and happiness.

We should think carefully before we post anything online. Any information that we share can spread rapidly.

Emotional Needs

We all have emotional needs that need to be met in order for us to feel safe, healthy and happy.

Some examples of our emotional needs are:

By recognising that we have basic human emotional needs and the ways we can get those needs met can help us to be more confident and secure individuals.

1. I need to feel that I am good at some things
2. I need to have friends
3. I need to feel part of a group
4. I need to try new things
5. I need to have some choice over what I do
6. I need to give and receive attention
7. I need some time on my own
8. I need to feel safe and secure

Staying Safe Online & Digital Footprint

Think Before You Click



Remember that information can spread on the internet

Even posts, messages, photos or videos that have been sent privately can be captured and spread by others around the internet. Here, the whole world may see it

It can be extremely difficult to remove something once it has been posted. Things that you post now could even resurface many years later - something that may seem funny at the time may not do so later on

We should always think about our own safety and should never post anything that may hurt or embarrass someone else

Traffic Lights

When online, we should use the traffic lights system to maintain safety - STOP, THINK, GO

STOP: when faced with a situation where we are being asked for personal information

THINK: is it OK to share this information? What information is being asked? Who is asking for it? Have I checked with an adult?

GO: I have checked with an adult, I know what information is safe to share



Lesson Overview

Lesson 1: to understand the importance of encouraging friends to get support

Lesson 2: online friendships and being kind online

Lesson 3: to highlight that not everything read or seen online is true or trustworthy

Lesson 4: to highlight that other people may seek to persuade us online and that not all online contact is trustworthy

Lesson 5: what having a positive digital footprint means / ways in which I can start to build a positive digital footprint