



**Topic: Managing Change and
Valuing Differences**

Year: 6

NC Strand: Health & wellbeing

What should I already know?

- About mental health, what it means and how to take care of it
- How feelings and emotions are affected at changing, challenging or difficult times
- Ways of managing these feelings
- How to seek support and advice when needed
- Strategies and behaviours that support mental health (sleep, exercise, community groups, clubs, hobbies, family & friends)
- About the benefits of exercise to mental and physical health
- About risks associated with an inactive lifestyle
- To identify opportunities for physical activity
- About the benefits of the Internet and the importance of balancing time online with other activities

What will I know by the end of the unit?

Valuing Differences

- Recognise that not everyone believes or thinks the same as you
- celebrate our differences

Managing Change

- Strategies to respond to feelings
- Recognise warning signs of mental health and wellbeing
- How to seek support

Vocabulary

Healthy lifestyle	it is a state of complete physical, mental and social well-being. This means eating a balanced diet, getting regular exercise , avoiding tobacco and drugs and getting plenty of rest .
Nutrition	the process of providing or obtaining the food necessary for health and growth
Mental health	a person's condition with regard to their psychological and emotional well-being
Wellbeing	the state of being comfortable, healthy, or happy
Sleep	a condition of body and mind that typically recurs for several hours every night, in which the nervous system is relatively inactive, the eyes closed, the postural muscles relaxed, and consciousness practically suspended
bereavement	the loss of someone or something due to death
communication	the receiving or sharing of information
rules	an instruction that shouldn't be broken
emotions	how we feel

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You should already know that: 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.



Habits are repeated behaviours, which can be positive or negative. When a person loses control of a habit, they can become an addiction. Many things can be addictive, including some drugs and alcohol.

All people have emotional needs that we would like to be met. Recognising these helps us to become confident and secure individuals. We should also learn to become independent and responsible.

We should think carefully before we post anything online. Any information that we share can spread rapidly. The traffic lights system is a good way of maintaining online safety.

Habits

A habit is a pattern of behaviour that is repeated - it is often done regularly.

Some habits are a good thing, e.g. brushing our teeth every morning and evening.

However, there are some habits that can be bad for our health and wellbeing, e.g. eating too many fatty foods or spending too much time on video games.

An addiction is a habit that someone finds exceptionally difficult to stop.

Addictions are not normally good for our health and/or wellbeing. We can become addicted to many things, but some products contain addictive substances (e.g. nicotine in cigarettes). Once a person has a certain amount of nicotine, they crave more nicotine. This makes it very difficult to stop smoking.

Emotional Needs

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



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.

We should be aware that life is full of ups and downs, good times and times of challenge and hardship. At times when we do not feel that our emotional needs are being met, we should speak to a trusted adult.

Think Before You Click

Remember that information can spread rapidly on the internet.



Even posts, messages or photographs 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.

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**Topic: Feelings and emotions,
healthy relationships, friendships
and feeling safe**

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
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- About seeking and giving/not giving permission in different situations
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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.

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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



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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





Vocabulary

Phishing	Phishing is a scam where attackers deceive people into revealing sensitive information or installing malware such as viruses, worms, adware, or ransomware.
Film ratings	Film ratings are a system that classifies movies based on their suitability for different age groups, helping parents and guardians make informed decisions about what films their children can watch.
Risk	Risk is the possibility of something bad or unpleasant happening, involving uncertainty about the outcome of an event or activity.
Impact	A powerful effect that something, especially something new, has on a situation or person.

BRITISH BOARD OF FILM CLASSIFICATION (BBFC) RATINGS SYSTEM

	Universal. Suitable for everyone, and contains no content unsuitable for children.
	Parental Guidance. Contains content unsuitable for younger children.
	Cinema rating only. Those aged 12 and under should be accompanied by an adult.
	Unsuitable for under-12s. No sales to anyone under the age of 12.
	Unsuitable for under-15s. No sales/entry to anyone under the age of 15.
	Unsuitable for under-18s. No sales/entry to anyone under the age of 18.

Phishing Attacks Explained

Phishing is a cybercrime in which **scammers** try to lure you into giving up your personal information by impersonating a trusted source. Phishers can trick you through:



Text messages



Emails



Phone calls

YOUNGMINDS Crisis Messenger
Text YM to 05250
Open 24/7

THE MIX
Call 0800 808 4994
3pm - 12am, every day

childline
Unlabeled, on text, email, anytime
Call 0800 1111
7:30am - 3:30am, every day



Vocabulary	
Medicine	A drug or other preparation for the treatment or prevention of disease.
Immune	If you are immune to a particular disease, you cannot be affected by it.
Drug	A medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body.
Substance	A particular kind of matter with uniform properties.
Influence	The capacity to have an effect on the character, development, or behaviour of someone or something, or the effect itself.
Puberty	The period during which adolescents reach sexual maturity and become capable of reproduction.
Relationship	The way in which two or more people or things are connected, or the state of being connected.
Commitment	The way in which two or more people or things are connected, or the state of being connected.
Reproduction	The production of offspring by a sexual or asexual process.

Drugs and Alcohol	
<p><u>Drugs</u></p> <p>Drug Something a person can take to change the way they think, feel or behave.</p> <p>Substance This term includes alcohol and other drugs that may be legal or illegal.</p> <p>Legal drug Substances such as caffeine, alcohol or over-the-counter medication, these may have age-restrictions.</p> <p>Illegal drug Substances that a person can be charged for if they possess it or supply it to someone else. These are not subject to quality controls so it is hard to know what is in each batch of a drug, which can increase risk.</p> <p>Possession A person can be charged with possession if they have an illegal drug, even if it's not theirs.</p> <p>Supply A person can be charged with supply if they sell, share or give away illegal drugs.</p> <p>Dependency When a person relies upon a substance to feel or function as normal.</p> <p>Caffeine A drug found in tea, coffee and soft drinks that makes people feel alert. Children should only consume caffeine in moderation.</p> <p>Alcohol A drug found in drinks such as beer and wine, measured in units. It is not needed for a healthy diet. An alcohol-free childhood is the healthiest option.</p> <p>Nicotine or tobacco</p>	<p><u>Medicines and Health</u></p> <p>Medicine A drug or remedy that may be prescribed by a health professional or purchased over-the counter.</p> <p>Dose The amount of medicine to be taken at one time. This can follow a health professional's instructions or the instructions that come with over-the counter medicines.</p> <p>Health condition A disease, illness, injury or disorder either physical or psychological.</p> <p>Allergy When the body reacts to certain things such as pollen, animals, foods or insect bites. Allergic reactions might include breathing problems, skin rashes, swelling, or itching.</p> <p>Immune Protected from an illness, either because a person has had the illness before or because they have received a vaccine.</p> <p>Vaccine A medical preparation that protects a person from an illness by making them immune</p> <p>Bacteria A small organism, some of which can cause infections and/or cause people to feel ill (though not all!)</p> <p>Virus A small particle that can cause infections and/or cause people to feel ill</p> <p><u>Influences</u></p>



Nicotine is a drug found in tobacco and other products such as e-cigarettes/vapes. Nicotine and tobacco can make a person ill. Adults can get help from their doctor to stop smoking. It is illegal to sell tobacco to under 18s.

Cannabis

An illegal drug that can be smoked, eaten or vaped that makes people feel 'chilled out' or giggly. Can be different strengths. Against the law to possess, grow or sell.

External Support Services

Health-related support

[National Eczema Society](#), [Asthma UK](#), [Diabetes UK](#) [Allergy UK](#)

Support with drugs, alcohol and tobacco use

[NHS](#), [NHS Smokefree](#), [Drinkaware](#)

Childline

childline.org.uk 0800 1111

Confidential support service

CALLS DO NOT APPEAR ON PHONE BILL.

Situation based

Own feelings, attitudes, emotions. Mental and/or physical health.

Peer based

Friends' attitudes and opinions. Pressure, teasing or friendly offers

Role model based

Family attitudes and opinions. Health advice from a doctor/ Nurse. Teacher attitudes and actions

Society based

Culture, religion or belief. Social norms

Media based

Social media, TV or film. Advertising

Responses to Influence

Passive

Accepting or allowing what happens or what others do without actively responding

Aggressive

Being ready or likely to confront or attack others or what others do

Assertive

Standing up for yourself or someone else calmly and positively, or getting a point across without causing upset

Growing & Changing

We are learning about our bodies and our relationships with ourselves and others. We are focusing on how these things grow and change over time.

You should already know that: Our bodies have many different parts that have different jobs. Throughout puberty, our bodies go through several different changes. We also go through emotional changes.

We should be aware that the media does not always represent people fairly. This can mean some groups of people are underrepresented, and it can affect some people's self-esteem.

Conception is the act of creating a baby. This is achieved through sexual intercourse. During sexual intercourse, fertilization can happen through a man's sperm finding its way towards a woman's egg.

Is this Normal?

Puberty is the series of changes that our bodies make as we turn from boys and girls into men and women. You should be able to define these key terms and understand how they relate to puberty.

Acne Breasts Cervix Clitoris Discharge
Ejaculation Erection Fallopian Tubes Foreskin
Genitals Hormone Masturbation Menstruation

Healthy Relationships

Relationships are our connections with other living things, especially other people.

Media Representations

The things that we see in the media are not always true to life!

Often, images of the people that we see on social media, adverts, magazines etc. have been edited and photo-shopped in different ways. This can mean that people looking at the adverts get unrealistic ideas about how they should look - this can affect their self-esteem.

Often, different groups (e.g. different races/ religions, larger girls, spotty, transgender) are not well-represented in the media. This can also affect the self-esteem of people in these groups. The media may also stereotype groups of people, creating an unfair perception of them.

A stereotype is an often unfair and untrue belief that many people have about all people or things with a particular characteristic.

Managing Change

In our lives, we have to deal with lots of different changes. Some changes can be very challenging. Sometimes, we do not choose changes but they happen anyway.

Examples may include:



Oestrogen Ovary Ovum Penis Prostate
 Sanitary Towel Semen Tampon Uterus Vagina
 Vulva

Conception

Most babies are created when a man and a woman have sexual intercourse. They are normally in a loving relationship and agree to have a baby.

The man and woman get very close to each other without their clothes on. They touch each other's bodies so that the man's penis becomes hard and the woman's vagina becomes wet. This allows the man's penis to slide inside the woman's vagina. During sexual intercourse (sex) the man and the woman can become very excited. A man will release millions of sperm from his penis into the woman's vagina. The sperm swim up inside the woman's body to find the egg (see earlier learning about menstruation). If an egg and at least one sperm meet, the beginning cells of a baby can start to grow. Those cells then need to implant into the side of the womb so it can grow into a baby over the next 9 months.



- Moving to a different area - a family member dies
- a new brother or sister is born - a friend leaves school
- our parents split up.

When dealing with changes, remember that it is important to try and take on new challenges and persevere wherever possible (Growth Mindset)

Talking to people, e.g. trusted adults and friends, can help us through changes - holding our feelings in rarely a good idea.

When others are going through big or unexpected changes, it is important that we support them by listening to them and discussing the issues.