Y6 PSHE/RSE Curriculum

NCEA WARKWORTH PRIMARY SCHOOL

Autumn	**My healthy self:** How do my choices today share my future health?	**Connecting with others:** What does it mean to stand up for myself and others?
Year 6	• Managing emotions supports relationships, learning and resilience. • Everyone has mental health. It can change, and adults and services can provide support. • Sleep, rest, activity and friendships support health; excessive screen time and inactivity can harm wellbeing. • Brushing, flossing, fluoride toothpaste and dental check-ups protect teeth and gums. • Calories measure energy. Food labels inform choices, and poor nutrition can affect long-term health. • Balanced eating, positive habits and learning from setbacks support future health and confidence.	• Living by our values and achieving goals can build self-respect and confidence. • Know the difference between assertive, passive, aggressive and controlling behaviour. • Healthy relationships involve trust, respect and consent; people can change their minds or boundaries. • Stereotypes limit opportunities; discrimination is unfair treatment because of who someone is. • A bystander witnesses bullying; an upstander takes safe action to help. • Know when to be assertive or compromise, and how to report concerns and seek support.
Spring	**The online world:** How do I feel about the things I see online?	**Citizenship:** How can we protect everyone's rights?
Year 6	• Online experiences can affect mood, self-esteem, thoughts and behaviour in helpful or harmful ways. • Edited or carefully selected content may create unrealistic impressions. • Online relationships can support wellbeing; in-person friendships offer other important benefits. • Harassment, pressure, offensive language and online bullying can cause harm. • Personal data can be collected online; evaluate content and requests carefully. • Protect wellbeing by unfollowing, blocking, fact-checking or reporting to a platform and trusted adult.	• Everyone has human rights; laws help protect rights, fairness and safety. • Breaking the law has consequences; the legal system helps uphold fairness. • Prejudice means making unfair assumptions about someone. • Discrimination means unfair treatment because of characteristics such as age, gender or religion. • Stereotypes, prejudice and discrimination can harm people and communities. • Rights and responsibilities can conflict; challenge unfairness safely and respectfully.
Summer	**Health protection:** How can I stay safe as I grow up?	**Sex Education:** How do people become parents and carers?
Year 6	• Recognise hazards at home, on public transport, near roads and railways, including distractions. • Know the water safety code: stop and think, stay together, call 999, float. • Pressure, secrecy, requests for images or ignored consent can signal unsafe behaviour, including online. • Resist peer pressure, set boundaries and seek help with unsafe situations. • Drugs affect body or mind; medicines, alcohol, tobacco, vaping and illegal drugs can cause harm. • Getting help and calling 999 in an emergency takes priority over filming. •:Know the purposes of CPR, the recovery position and defibrillators; get adult help.	• Know scientific names for reproductive body parts and understand their functions. • Conception happens when a sperm and egg join, usually through sexual intercourse. • Sex requires consent; the legal age is 16, and many people wait until later. • A fertilised egg develops in the uterus during pregnancy for about nine months. • Babies are born vaginally or by caesarean section. IVF and adoption are other routes to parenthood. • Caring for a baby involves constant care, time, support, responsibility and lifelong commitment.