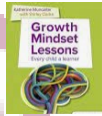


AUTUMN TERM 1

Mental Health and Emotional Wellbeing: Healthy Minds

Pupils learn:

- that mental health is about how we think and feel and that this affects our behaviours
- the difference between positive and negative mental health and the affect it can have on individuals
- that it is normal to have a mix of both positive and negative feelings at different times (and that we all have a different level of resilience)
- some of the causes of mental ill health
- about some everyday ways to look after mental health (7 steps to wellbeing)
- that there are sources of help and support
- about the stigma and discrimination that can surround mental health and how to treat everyone with respect and kindness
- Internet safety—how to stay safe and ware online



Year 6



AUTUMN TERM 2

Identity, society and equality: Human Rights

Pupils learn:

- about people who have moved to the UK from other places and why migration takes place (push and pull factors)
- some of the advantages and disadvantages of migration to the country and the individual
- why some people become refugees (and that this is not a choice) and their experiences
- some of the challenges of being a refugee
- what it might feel like to suddenly have to leave your home
- about human rights and responsibilities (children consider which ones might be more/less important)
- about the UN Convention on the Rights of the Child
- what is a home?
- about some causes of homelessness and the problems it can cause
- Where people can go for help and support

SPRING TERM

Sex and Relationship Education:

Menstruation/Human Reproduction/ Healthy relationships/Responsibilities



Pupils learn:

- the changes that occur during puberty (revision of previous learning)
- about personal hygiene (coping with spots, using deodorant, washing more frequently, menstruation)
- that different emotions might be experienced and some ways to cope with changing emotions
- about gender stereotyping and sexuality and the origin and impact of attitudes
- about the values that are important in different relationships and to appreciate the importance of respect in all relationships
- about human reproduction and how a baby is made (conception, pregnancy and birth)
- about the roles and responsibilities of parents/carers and the needs of a baby
- where to seek further support and advice



Year 6

SUMMER 1

Keeping Safe and Managing Risk:

Keeping Safe: Out and About

Pupils learn:

- about the feelings involved with being out and about in the local area with increasing independence
- about how to cross the road safely
- about sensible mobile phone use when outside
- about recognising and responding to peer pressure (ways to avoid/resist)
- about the consequences of anti-social behaviour (including gangs and gang-related behaviour)
- about the importance for girls to be protected against FGM
- who to speak to for advice and support



SUMMER 2

Drug, Alcohol and Tobacco Education:

Weighing-up risk / Influence



You, Me, PSHE

A scheme of work for the primary school

Years 1-6

Pupils learn:

- what different drugs look like and how they are taken into the body (alcohol, tobacco, nicotine products, solvents, cannabis, other illegal drugs)
- about the risks associated with using different drugs (including tobacco/nicotine related products/e-cigarettes/ alcohol/solvents/medicines and illegal drugs)
- what the Law says about drugs.
- about some of the health and social consequences of 'taking drugs'
- about why and when people take drugs
- about assessing the level of risk in different situations involving drug use and how to manage risk
- strategies to resist the pressure to use drugs
- about sources of help and support

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