



Year 6 - Unit 5 Relationships

Reflective question

Why is it important to recognise when people are trying to gain power or control?



Learning Intentions—PSHE

Know that it is important to take care of my mental health

Know how to take care of my mental health

Understand that there are different stages of grief and that there are different types of loss that cause people to grieve

Recognise when people are trying to gain power or control

Judge whether something online is safe and helpful for me

Use technology positively and safely to communicate with my friends and family

Learning intentions

Social and Emotional Development

Understand that people can get problems with their mental health and that it is nothing to be ashamed of

Help myself and others when worried about a mental health problem

Recognise when I am feeling those emotions and have strategies to manage them

Demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control

Resist pressure to do something online that might hurt myself or others

Take responsibility for my own safety and well-being

Vocabulary

abuse	to hurt or harm by treating badly
anxiety	a feeling of being worried, nervous, or afraid that something will happen
ashamed	feeling shame or guilt for doing something wrong or foolish
assertive	forward or aggressive in speech or action
authority	the right or power to give orders, make decisions, or control people
bereavement	the condition or fact of being deprived of something or someone, especially by the death of a loved one
bullying	someone who harasses and frightens others
communication	the sharing or exchange of messages, information, or ideas
control	to hold back or restrain
coping strategies	to handle or deal with in a successful way
cyberbullying	bullying that is done by posting hurtful electronic messages on the internet
denial	a statement that something is false
despair	the complete lack of hope
emotions	a strong feeling such as joy, hatred, sorrow, or fear
grief	great sadness over a loss
guilt	a feeling of being sorry or responsible for having done something wrong
hopelessness	having little or no hope: in despair
influences	a thing or person that has the power to affect another
judgement	an opinion formed after carefully studying all of the information
mental health	the condition, or degree of health, of one's mind and emotions
pressure	a strong influence or burden on the mind or emotions
self control	control of one's feelings or behaviour
self harm	hurting or injuring yourself on purpose
stigma	a persistent social characterization of a behaviour

S Stay Safe
Don't give out your personal information to people / places you don't know.

M Don't Meet Up
Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.

A Accepting Files
Accepting emails, files, pictures or texts from people you don't know can cause problems.

R Reliable?
Check information before you believe it. Is the person or website telling the truth?

T Tell Someone
Tell an adult if someone or something makes you feel worried or uncomfortable.

Follow these SMART tips to keep yourself safe online!

The **Jigsaw** Charter

- We take turns to speak
- We use kind and positive words
- We listen to each other
- We have the right to pass
- We only use names when giving compliments or when being positive
- We respect each other's privacy (confidentiality)

Hello I'm Jigsaw Jim

