Coley Primary School – Knowledge Organiser

SUBJECT FOCUS:	PSHE including RSE	YEAR 6	WHOLE SCHOOL YEAR

RELATIONSHIPS



Healthy Relationships Key Facts



- When a **conflict** gets out of hand, it can **help** to involve a **trusted adult**.
- Sometimes people disagree because our brains process information **differently from each other.**
- Sometimes **people disagree** because they have been **exposed to different 'facts'** which further support their **differing opinions**.
- **Peer pressure** can be a positive thing when it helps **challenge** or **motivate** you to **do your best.**



- **Peer pressure** can cause someone to **doubt** themselves and can lead to them having **lower self-esteem**.
- Keeping a **secret** can be very **stressful**, especially if it leads to telling **lies**.



- One of the biggest signs of an **unhealthy friendship** is one which makes you **feel bad about yourself** rather than good about yourself.
- **Threats** or **black-mailing** are signs of an **unhealthy** friendship.
- Treating others with **respect** means treating them **how you wish to be treated**.
- You can **respect** someone else's **opinions** without having to agree with them.
- Make sure you **always know who to tell** if you were **unhappy** or **uncomfortable** about one of your relationships.
- **Daring someone** to do something is **unfair** and **unkind.**
- You can be **close friends with** someone who hold **different opinions** and who has **different interests.**
- It is important not to take people who are **special** to us for **granted**.

Key Words

friends	family	friendship	emotions
sadness	upset	calm	kind
help	anger	support	anxious
dangerous	secrets	confidential	share
healthy	unhealthy	relationships	relatives
teamwork	respect	sex	gender
sexuality	prejudice	diversity	peer pressure

Feelings and Emotions Key Facts



- Not all anger is **unhealthy** or **destructive.**
- Different **calming down** strategies work for different people; find the best one for you.
- It is completely **normal** to have fall-outs and **disagreements** with our friends and family; we just need effective techniques for **resolving** these disputes.



- If we are **upset** with one of our friends or family, it is important to **tell them** – otherwise they might not realise what **the problem** is.
- Working in a **team** can help develop your **social and emotional skills.**

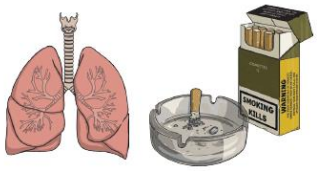
Valuing Differences Key Facts

- Within **society**, people don't always get along, and sometimes people forget that it is other people's **differences** that make them **unique and special.**
- When a person doesn't respect the different qualities and opinions of another person or group, this can often be called **discrimination**.
- **Discrimination** is the **unfair treatment** or **bullying** of one particular person or group of people. Often, this **unfair treatment** is because of the **person's differences** e.g. gender, race, age, disability or other factors.

HEALTH AND WELLBEING

Healthy Lifestyles
Key Facts

- Smoking **cigarettes damages** the **lungs**.

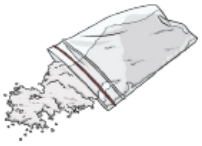


- It is **illegal** to smoke cigarettes under the age of 18 in the UK.
- In the UK, you have to be 18 or above to buy **alcohol**.



- **Alcohol** slows down your **reaction time** and can affect your **mood**.
- A **drug** is any **substance** that has an **effect** on you body when it enters your system.
- **Drugs** contain **chemicals** which can come from natural sources or are man-made.
- **Legal** drugs include medicines like cough syrup and substances like tea or coffee. These can be bought over the counter in shops or **prescribed** by a doctor.





- **Illegal** drugs are also called **recreational drugs**. Unlike medicines, which are used to **treat illness or disease**, these drugs are taken by **choice**.
- They are **illegal** to buy, take or sell.
- People who sell drugs are known as '**drug dealers**' and they are **criminals.**
- **Germs** and **bacteria** can spread through the air by touching someone or something **contaminated** with them.
- We have **choices** about what we put in our **bodies.**
- On average children aged between 7 – 12 need around 10 – 11 hours of **sleep** each night.
- Children need around an hour of
- moderate **exercise** every day.
- **Autonomy** means to be **free** from the **control** or **influence** of others.



Key Words			
self-respect	body image	physical health	mental health
healthy	unhealthy	diet	sleep
exercise	alcohol	tobacco	drugs
cleanliness	wellbeing	consent	pressure
choices	support	Childline	emergency
safe	danger	risk	dare
peer pressure	e-safety	cyber stranger	social media
password	decision	help	first aid
hazard	harm	injury	emergency
online	privacy	courage	trusted adult
attitude	challenge	practise	perseverance
effort	control	feelings	consequences
achievements	thoughts	goals	growth mindset

Keeping Safe
Key Facts

- Many **rules** are there to keep everyone **safe**.
- We are constantly **assessing situations** around us for **risk** or **danger**.
- If we understand the **dangers** and **hazards** around us, it can help us avoid th stay safe.



- Wearing a **seatbelt** in the car is **compulsory** and can be the difference b **and death** in a serious car accident.
- In any **risky** situation, the most important thing to do is get **help** quickly.
- Always give yourself time to think about a **situation** before rushing into something that could be risky in some way.
- Not joining in with something you are **comfortable** with it not being a **coward** – it is the bravest thing you can do.
- Playing on the **railway** is **dangerous**. Between July 2017 and July 2018, seven children died and 48 received life-changing injuries on the railway.
- **Peer pressure** is when the people around you or in your group of friends are **heavily persuading** you to try or do something.
- **999** is the **emergency number** to call in the UK.
- **Cyberbullying** is just as bad as any other bullying and must be reported straight away to stop it. **CEOP** is where to **report** any **online bullying or abuse** you might experience.
- **Photos, videos** and **comments** we **post** on **social media** are impossible to completely delete.
- You have to be **13** to have a **Facebook, Twitter, Instagram** or **Snapchat** account and **16** to have a **WhatsApp** account.

HEALTH AND WELLBEING – GROWTH AND CHANGING

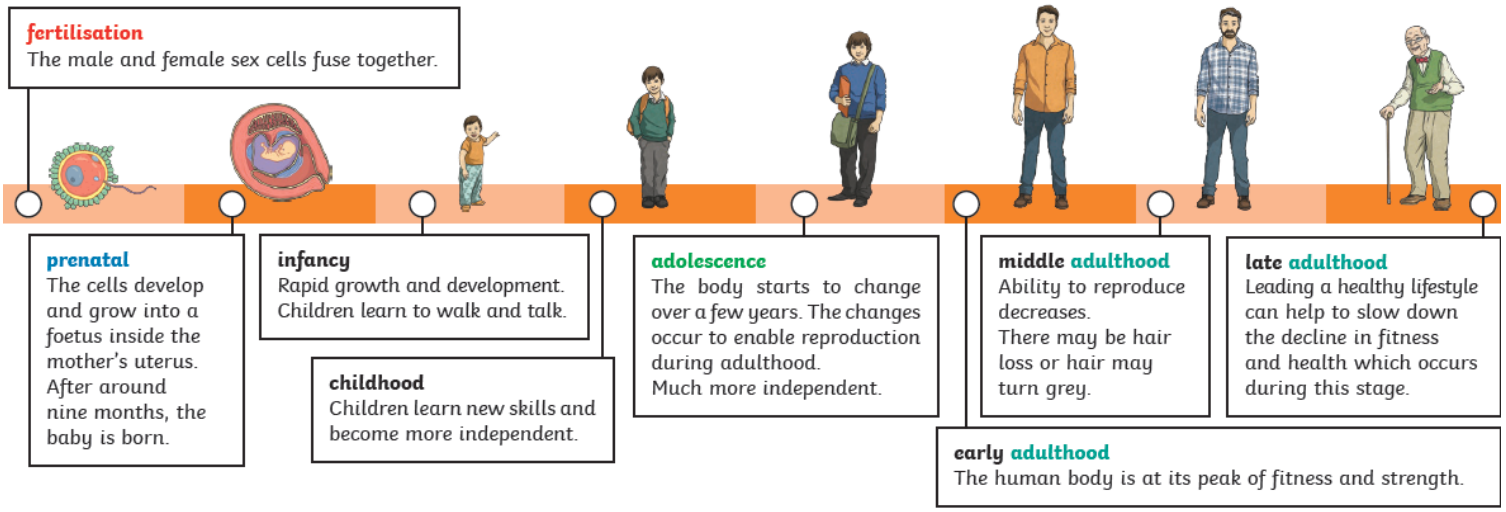
Growing Up
Key Facts

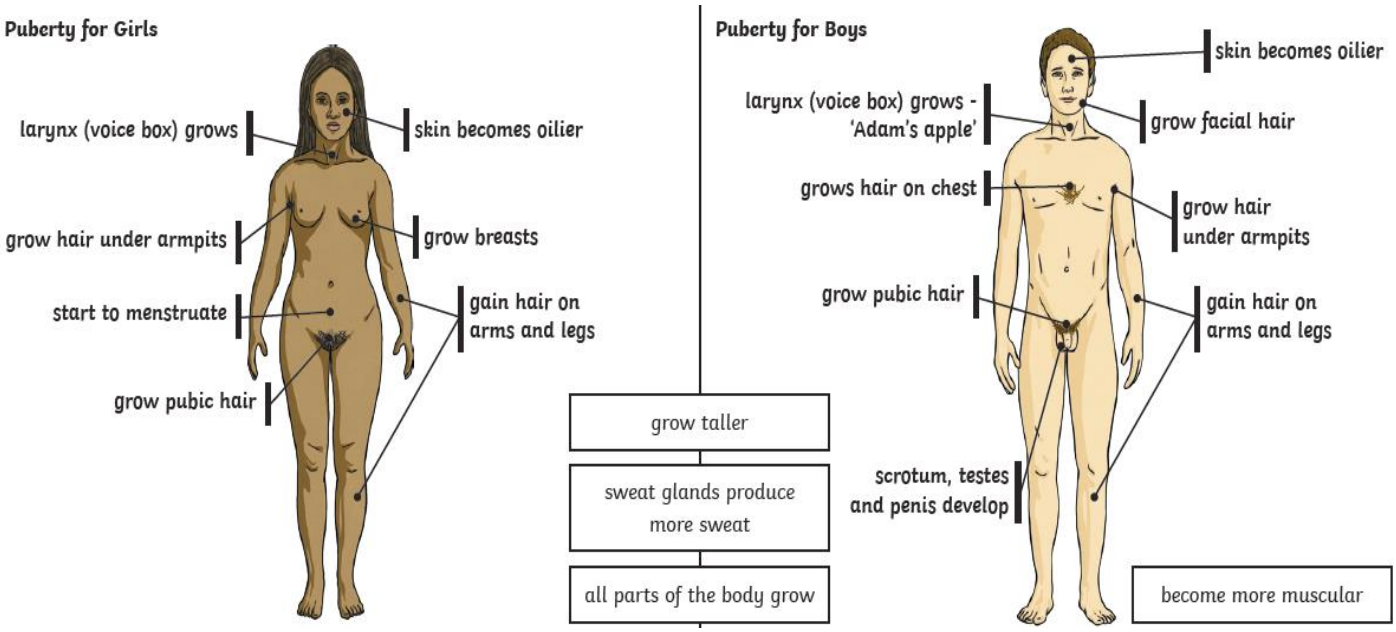
- When we go through **puberty**, our bodies **sweat** more which means we need to **wash** more often.
- As you reach **puberty**, your hair may become greasier because your scalp produces more oil.
- **Boys** grow **taller** by about 5 to 6cm a year during **puberty**.
- **Testosterone** is the **hormone** that causes most of the **changes** in a boy's body during puberty.
- Looking at magazines for 60 minutes lowers the **self-esteem** of over 80% of **girls**.
- In some cultures, women shave (or remove) their body hair, while in other cultures it is normal to leave the armpit and leg hair unshaven.
- **Body image** is the phrase we use to describe how people **think** and **feel** about their own **bodies**.
- There is no such thing as **'the perfect body'.** People come in all **shapes** and **sizes.**
- **Messages** about **'how we look'** can come from peers, advertising, magazines, TV, films, music videos and from social media.
- Up to 100% of **images** seen in fashion magazines have been **digitally altered** to make the skin, hair, makeup or bodies look **'perfect'**.
- At any one time about **20%** of all **young adult women** will be having a **period**.
- On average, a woman's **menstrual cycle lasts 28 days.**
- It is **normal** for a girl to feel **tense, irritable, sensitive, emotional or tired** just before her **period.**

Key Words

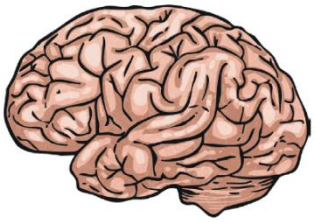
puberty	hygiene	emotions	relationships
body image	gay	bisexual	lesbian
growing up	reproduction	retouched	foetus
sexual intercourse	feeling different	asking questions	love has no labels
contraception	birth	heterosexual	homosexual
adolescence	menstruation	periods	adulthood
self-esteem	hormone	changes	genitals

- It is estimated that **353,000 babies** are **born** each day around the world.
- A **fertilised egg** in mammals (including humans) becomes known as an **embryo**. It develops into a **foetus** in the **womb** and is nourished by the mother, through the **placenta**.
- It takes **40 weeks** for the **baby** to develop in the **uterus**.
- **Contraception** is the use of certain methods or techniques to **prevent pregnancy**.
- **Sexually Transmitted Diseases (STDs),** are diseases that are passed on from one person to another through **sexual contact**, and sometimes by **genital contact**.
- **Same sex marriage** was **legalised** in England, Scotland and Wales in 2014.





Thinking Positive
Key Facts



- You can't always choose what happens, but you can choose how to react.
- Mistakes are proof we are trying and help us learn.
- Perseverance, effort and practice are the keys to success.
- Thinking positive thoughts can make you a happier, more confident person.
- There is always an opportunity to learn something new.
- Concentrating on our breathing can help us relax.
- Smiling and laughing can actually improve your mood.
- It is OK to feel sad, angry or anxious – they are normal feeling – but we can learn how to cope with them more effectively.
- Making others happy can improve our own levels of happiness.
- We can listen to our negative thoughts and acknowledge them, then swap them for positive thoughts.
- We can learn from the success of others.
- One small positive thought in the morning can change your whole day.
- It is healthy to focus on your achievements so far and to have goals for the future.
- Getting enough sleep and eating healthily are good for our minds and bodies.
- Exercise releases feel-good chemicals into our brains.
- It's good to get help and support when you are trying to deal with difficult emotions.
- Choices we make have consequences that affect us and others.
- Using your senses to focus on your surroundings are great ways to practise mindfulness.
- You can train yourself to apply a growth mindset to all that you do.
- Our thoughts, feelings and behaviours are all linked and affect one another.





LIVING IN THE WIDER WORLD

Rights and Responsibilities Key Facts

- We live in a **democracy**. This means that we all have a say in how our country works.
- The **Houses of Parliament** is where the two **Houses** of the **Parliament** of the United Kingdom (the **House** of Lords and the **House of Commons**) conduct their sittings. It is the place where laws governing British life are debated and passed. **Parliament** has met here since around 1550.



- Members of Parliament are elected to represent the views of people living in their local area.
- MPs make sure the views and ideas of people living in the local area are **represented** and give the 'a voice' in Parliament.



- MPs need to listen to different points of view and ideas without prejudice.
- **Prejudice** is a word that means judging someone or having an idea about them before you actually know anything about them. It can also mean having an opinion about something without knowing anything about it. It seems a bit silly to have an opinion on something or someone you know nothing about!
- As we grow up, we are becoming more responsible for our behaviour and our actions, at home, in school and towards the environment.

Key Words

determination	representing	listening	sharing
respect	courage	perseverance	trust
honesty	responsibility	diversity	discrimination
stereotypes	democracy	parliament	responsibilities
global	traditions	tension	prejudice
economic	resource	allocation	sustainability
bank account	investment	service	interest
incentive	financial	influences	gambling
cashier	salary	saving	loan

Money and Work Key Facts

- When you open a **bank or building society account** the bank accepts your **money** and uses it to provide **services**.
- These organisations **lend** money to people who need it for things like cars and houses (these are called **loans** and **mortgages**).
- They buy money-related products like **investments**, such as shares, securities and bonds.
- The **interest** from these loans and investments is the banks' reward for lending.
- The Government makes rules for banks to ensure people's money is handled safely.



- If you **lend** money, you receive **interest**. But if you borrow money, you pay **interest**.
- **Interest** is always mentioned when you apply for a **loan**, a **credit** card or a **savings** account.
- **Interest** is usually shown as a percentage (also known as the interest rate or APR) of the amount you want to borrow, e.g. if you wanted to borrow £100 at an interest rate of 10%, the interest is £10 and you would pay the lender £110.
- The more you borrow, the more interest you will pay.
- Common risks associated with money include **debt**, fraud and **gambling** and can put people at **financial** risk.

