

PSHE – Relationships

Health and Wellbeing

At Claregate we understand and can explain how to keep ourselves and others happy and healthy.

Relationships

At Claregate we listen to and respect other people's beliefs.

Living In the Wider World

At Claregate we understand how the world works and how to look after it.

What should I already know?

How to manage friendships and recognise peer pressure. The importance of using manners to respond respectfully to a wide range of people. How to recognise prejudice and discriminative behaviours in school. To recognise and report our concerns or signs of abuse.



What am I going to learn?



How to manage friendships and recognise peer pressure. The need to use courtesy and manners to respond respectfully to a wide range of people. To understand what might cause someone to display bullying behaviours. To recognise prejudice and discriminative behaviours in school. To recognise and report our concerns or signs of abuse. To recognise the need for appropriate physical contact and feeling safe (consent).



Key Vocabulary	Definition
Individuality	the quality or character of a particular person or thing that distinguishes them from others of the same kind, especially when strongly marked
Mental wellbeing	a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well.
Situations	a set of circumstances in which one finds oneself; a state of affairs.
Isolation	the process or fact of isolating or being isolated.
Loneliness	sadness because one has no friends or company.
Mental health	a person's condition with regard to their psychological and emotional well-being.
Trolling	a person who posts deliberately offensive or provocative messages online or who performs similar behaviors in real life
Harassment	someone is abusing, insulting, or otherwise harming you on a regular basis.
Bullying	seek to harm, intimidate, or coerce (someone perceived as vulnerable).
Peer influence	instances where one person affects, or is affected by, one other or multiple others who are similar in age.

Class Rules

1. Be kind
2. Respect each others opinions
3. Talk to people in a sensible manner
4. Listen to people.
5. No answer is a silly answer.

Safeguarding

Miss Evans is in charge of keeping me safe at Claregate.

Mrs. Fielding, Mr. Saunders and Mr. Murphy help her to do this.

If I feel worried about something in school, I can talk to a Year 6 teacher.