

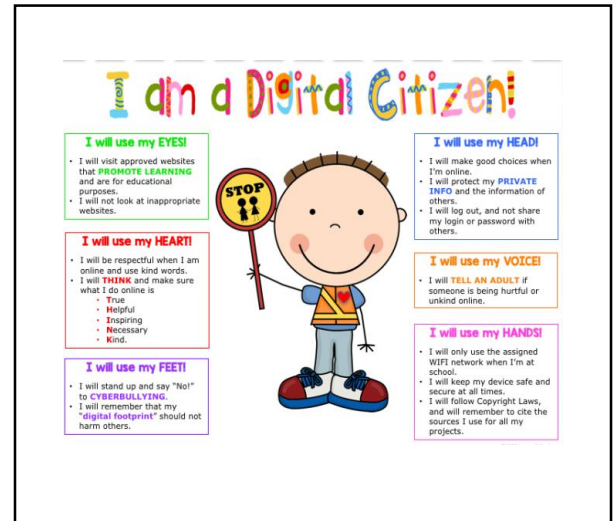
UKS2 PSHE Knowledge Organiser

Year: 6 Term: 5 - Relationships

Key Enquiry: Relationships

National Curriculum Objectives

- Know that it is important to take care of their own mental health
- Know ways that they can take care of their own mental health
- Know the stages of grief and that there are different types of loss that cause people to grieve
- Know that sometimes people can try to gain power or control them
- Know some of the dangers of being 'online'
- Know how to use technology safely and positively to communicate with their friends and family



Key vocabulary

Word	Meaning
Hashtag - #	Indicates that you want to participate in a larger, ongoing conversation
Tweet	Posting short messages for anyone who follows you on Twitter
Follow	Represents a user who chooses to see all another user's posts in their content feed
Chatroom	Are online spaces where users communicate with one another

Sticky Knowledge:

- People can get problems with their mental health and that it is nothing to be ashamed of
- It is OK to feel sad, angry or anxious - they are normal feeling - but we can learn how to cope with them more effectively.
- 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
- Cyberbullying is just as bad as any other bullying and must be reported straight away to stop it.
- You have to be 13 to have a Facebook, Twitter, Instagram or Snapchat account and 16 to have a WhatsApp account.