

Year 6 – PSHE lessons		
Autumn 1	Spring 1	Summer 1
<p><b>Sex and relationship education: healthy relationships / How is a baby made?</b></p> <p>Pupils learn:</p> <ol style="list-style-type: none"> <li>about the changes that occur during puberty</li> <li>to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact</li> <li>what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships</li> <li>about human reproduction in the context of the human lifecycle</li> <li>how a baby is made and grows (conception and pregnancy)</li> <li>about roles and responsibilities of carers and parents</li> <li>to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it</li> </ol> <p><b>Additional lessons:</b> (schools will want to consider including these lessons, as part of SRE policy development)</p> <ol style="list-style-type: none"> <li>some myths and misconceptions about HIV, who it affects and how it is transmitted</li> <li>about how the risk of HIV can be reduced</li> <li>that contraception can be used to stop a baby from being conceived</li> </ol>	<p><b>Drug, alcohol and tobacco education: situations</b></p> <p>Pupils learn:</p> <ol style="list-style-type: none"> <li>about the effects and risks related to legal and illegal drugs</li> <li>about the risks associated with drug use in different situations</li> <li>how to respond to drug use in different situations</li> </ol>	<p><b>Keeping safe: out and about</b></p> <p>Pupils learn:</p> <ol style="list-style-type: none"> <li>about feelings of being out and about in the local area with increasing independence</li> <li>about recognising and responding to peer pressure</li> <li>about the consequences of anti-social behaviour (including gangs and gang related behaviour)</li> </ol>
	Spring 2	Summer 2
	<p><b>Mental health: healthy minds</b></p> <p>Pupils learn:</p> <ol style="list-style-type: none"> <li>what mental health is</li> <li>know what can affect mental health and about stigma that surrounds it (including using appropriate language)</li> <li>what people can do to support their mental health and where people can get help</li> </ol>	<p><b>Fun, food and fitness: making decisions for the future</b></p> <p>Pupils learn:</p> <ol style="list-style-type: none"> <li>that consumers choose how to prepare their meals and what influences this</li> <li>about choices they have around remaining physically active as they become more independent</li> </ol>
		<p><b>Moving on: transition to secondary school</b></p> <ol style="list-style-type: none"> <li>about moving on to secondary school and how this feels</li> </ol>