

# Year six

## 2. Me & My Relationships: (un)healthy relationships?

- Children will consider what makes someone popular or unpopular.
- Children will explore what makes someone a good friend and what constitutes a healthy relationship.
- Children will explore how a healthy or unhealthy friendship can influence the rest of their lives
- By the end of the session children will have had the opportunity to discover what makes a healthy relationship.

We all need friends, but picking the right friends and the right people to hang around with is key. Having the wrong friends can get you in trouble and bring you down. A proper friendship should make your life better. It is important to pick friends who allow you to feel good about yourself and that help you to be happy.

## 4. Me, My Thoughts, Feelings & Behaviours:

### Lesson Objectives:

- Children will be challenged to fail.
- Children will explore the feelings of facing a challenge and the importance of language to promote a growth mindset.
- Children will explore the notion of resilience and learn skills that will help promote their own ability to cope under pressure or when facing challenges.
- Children will learn the importance of asking for help.

Today we have looked at how not all our thoughts are true. If we can learn to reframe our thoughts we can feel much more positively about the challenges we experience. Resilience isn't about being tough or being afraid to fail, resilience it is about being flexible and realising that failing isn't a bad thing it is how we learn!

Remember your body belongs to you. No one should ever touch you without your permission or consent. You have the right to decide who you allow in to your personal space and should always respect other people's right and wishes too. We all have the right to decide.

Children will receive age appropriate information about pregnancy, how babies grow, their development and birth including caesarean and IVF

## 1. All About Me: My past & future

- To encourage the children to explore different aspects of their personality.
- To reflect on their identity and experiences during their time at primary school.
- To encourage the children to have a positive self-image and high self-esteem.
- To allow the children opportunity to make plans and set goals for their future at high school.
- By the end of the lesson Children will understand that we are all unique and special in our own way.

Today we have taken some time to reflect on your time here and the person you have been, before thinking about where you are going to and what you can achieve. Hopefully you have all seen how far you've come and are feeling hopeful about the future. Thinking about the future can be scary, but remember we all have people around us that can support us if we are worried.

## 3. Me and My Body: Puberty (3) What I've heard about sex

- Children will review both the physical and emotional changes that take place during puberty for both girls and boys.
- Children will consider where we develop our attitudes to sex, as well as our beliefs and values. They will explore where information about sex comes from and its validity.
- Children will be given the opportunity to ask questions and discuss their worries regarding puberty and sex, both in a group and anonymously.

Today we have been given the opportunity to talk and ask questions about sex. Thank you all for showing how mature and sensible you can be. Many adults struggle with this topic - and that is a shame. Sex is something that is natural and a normal part of life. It is perfectly normal to have questions or worries about sex and we should be able to ask questions. Remember if something comes up you can always ask us at school or your parents at home.

## 6. Me, My Choices and Personal Boundaries: Consent & intimacy

- Children will explore the concept of personal space, and feel empowered to know they have a choice about who they want to be near to.
- By the end of the session, children will understand that not everyone shares the same boundaries but these should be respected at all times.
- Children will be given an explanation of consent, and will understand its importance and their rights. Children will explore public places and private places and which behaviours are appropriate in each.