**Being A Global Citizen (1)**

Know there are universal rights for children, but for many children these rights are not met.

Understand my own wants and needs and can compare these with children in different communities.

**My Year Ahead**

Identify my goals for this year.

Understand my fears and worries about the future and know how to express them

Feel welcome and valued and know how to make others feel the same.

Know what I value most about my school.

Identify my hopes for this school year.

**Owning our Learning Charter (LC)**

Understand how democracy and having a voice benefits the school community.

Understand why our school community benefits from a LC.

**Being Me In My World**

**Year 6 PSHRE**

**Learning Charter (LC)**

Make choices about my own behaviour. Understand how rewards and consequences feel.

Relate these to my rights and responsibilities.

Understand my actions affect myself and others. Care about other peoples’ feelings.

**Our Learning Charter (LC)**

Understand how an individual’s behaviour can impact on a group. Contribute to the group and understand how we can function best as a whole.

**Being a Global Citizen (2)**

Understand my actions affect people locally/globally.

Understand my own wants and needs and can compare these with children in different communities.

**Why Bully?**

Know some of the reasons people use bullying behaviours

Use a range of strategies for managing my feelings in bullying situations

**Celebrating Difference**

Give examples of people with disabilities who lead amazing lives.

Appreciate people for who they are.

**Power Struggles**

Explain some of the ways in which one group can have power over another.

Know how it can feel to be excluded or treated badly because of being different in some way.

**Understanding Difference**

Understand how being different could affect someone’s life.

Be aware of my attitude towards people who are different.

**Am I Normal?**

Understand there are different perceptions about what normal means.

Empathise with people who are different.

**Celebrating Difference**

Explain ways difference can be a source of conflict or celebration.

Show empathy in either situation.

**Celebrating Difference**

**Recognising our achievements**

Know what some people in my class know or admire about me.

Accept their praise.

Give praise and compliments to other people.

**Personal Learning Goals**

Know my learning strengths. Set challenging but realistic goals for myself.

Understand why it is important to stretch the boundaries of my current learning.

Dreams

**Dreams and Goals**

**Year 6 PSHRE**

**Helping to make a difference**

Work with other people to make a better world.

Identify why I am motivated to do this.

**My Dream for the World**

Identify problems in the world that concern me and talk about them.

Recognise the emotions I experience when I think of people suffereing in difficult situations.

**Helping to make a difference**

Work with other people to make a better world.

Empathise with people who are suffering.

**Steps to Success**

Work out the learning steps needed to reach my goal.

Understand how to motivate myself.

Set success criteria so I know if I’ve achieved my goal

**Managing Stress and Pressure**

Recognise stress and the triggers.

Use different strategies to manage stress and pressure.

**Take responsibility for my health and well-being**

Take responsibility for my health. Make choices that benefit my health/well-being

Be motivated to care for my physical/emotional health.

**Emotional and mental health**

Understand what it means to be emotionally well and explore peoples’ attitudes towards mental health.

Know how to help myself feel emotionally healthy.

**Drugs**

Know different types of drugs, their uses and effects on the body.

Be motivated to find ways to be happy and cope with life without using drugs

**Gangs**

Know why some people join gangs.

Suggest strategies to use to avoid being pressurised

**Exploitation**

Understand some people can be exploited and made to do things that are against the law.

Suggest ways that someone who is being exploited can help themselves.

**Healthy Me**

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**What is Mental Health?**

Know that it is important to take care of my mental health.

Understand that people can get problems with their mental health and it is nothing to be ashamed of.

**Relationships**

**Year 6 PSHRE**

**Being online**

I can judge whether something online is safe and helpful.

I can resist pressure to do something online which might hurt myself or others.

**Power and Control**

Recognise when people are trying to gain power or control.

Demonstrate ways I can stand up for myself and my friends.

**Love and Loss**

I understand that there are different stages of grief and that there are different types of loss that cause people to grieve

I can recognise when I am feeling those emotions and have strategies to manage them.

**My Mental Health**

Know how to take care of my mental health.

I can help myself and others when worried about a mental health problem

**Using Technology Responsibly**

Use technology positively and safely.

Take responsibility for my own safety and well-being.

**The Year Ahead**

I can identify what I am looking forward to and what worries me about the transition to secondary school.

I know how to prepare myself emotionally for the changes next year.

**Healthy Relationships**

Be aware of what constitutes a healthy/unhealthy relationship.

Know strategies to get out of an unhealthy relationship

**Real self and ideal self**

I am aware of the importance of a positive self-esteem and how to develop it.

Express how I feel about my self-image and know how to change negative ‘body-talk’

**My Self Image**

Be aware of my self-image and how my body image fits into that.

Know how to develop my self-esteem.

**Changing Me**