

Year 6: Relationships

Key Learning

It is important to take care of your own mental health! Sometimes, some terrible things can happen that causes us to feel sad and we need to grieve. Loss can negatively impact mental health and can cause grief. The stages of grief:

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance



Taking care of your mental health makes us feel happy, energetic and healthy and can really help when you are feeling down.

You can do this by:

- ⇒ Enough sleep
- ⇒ Exercise
- ⇒ A healthy diet
- ⇒ Socialising
- ⇒ Relaxing
- ⇒ Reduced screen time



I know that looking after your mental health is vital and if you feel worried, stressed or have anxiety you should seek support.

I know that we must ignore the stigma and should never feel ashamed for seeking help.

I know that I will be accepted and never be judged.



If you need ways to find advice and report concerns please speak to your carer or teacher and they can guide you in the right direction.

There are ways to recognise and respond to pressure from others to do something unsafe or that makes them feel worried or uncomfortable. I know strategies to respond to pressure from friends, including online.



It is important to how know to use technology safely and positively to communicate with friends and family.

Sometimes you may face dangers online such as:

- cyberbullying
- invasion of privacy
- Inappropriate content
- Hackers
- Pressure from strangers

I also understand that consent means to give approval. If somebody is trying to gain control or power over you then this is without consent and you must report this instantly to keep you and others safe.

There are ways to participate effectively in discussions and manage conflicts or disagreements, even online. I am able to:

- Discuss issues respectfully
- Listen to and respect other points of view
- Constructively challenge points of view I disagree with

Key Vocabulary

Ashamed	If someone is ashamed, they feel embarrassed or guilty because of something they do or they have done or because of their appearance.
Anxiety	Anxiety is a feeling of unease, such as worry or fear.
support	When someone is providing help to assist you or keep you safe.
Judgement	When somebody forms a negative opinion on another persons actions.
Hopelessness	Having no expectation of doing something well or being successful
influences	Influence is the power to have an important effect on someone or something
Acceptance	Acceptance is taking something given to you. You might be relieved by your friend's acceptance of your apology
Stigma	Stigma is when someone views you in a negative way because you have a distinguishing characteristic or personal trait that's thought to be, or actually is, a disadvantage (a negative stereotype).
Warnings	To give notice or advice to a person or group to prevent them from danger or something bad happening.