

Year 5&6	PSHE Knowledge organiser	 S P I R I T		Lent Term 1							
Life to the full	Prayers and songs	Key Vocabulary and Knowledge		In the Wider World							
Do you want a piece of cake? Self talk 	♪♪ Created in you ♪♪ Dear God, Thank you for loving us and showing us how to love each other. Help us to resist pressure and to avoid putting pressure on others Send your Holy Spirit to help us, Amen	<table><tr><td>Pressure</td><td>Feeling that you should do something you don't want to do because somebody is influencing you</td></tr><tr><td>Bodily autonomy</td><td>The right for a person to decide what is right for their body.</td></tr><tr><td>Consent</td><td>Permission for something to happen.</td></tr><tr><td>Self-talk</td><td>Inner voice - influenced by experiences and beliefs, can encourage positivity and self-awareness.</td></tr></table> - Understand what consent and bodily autonomy mean - There are many scenarios in which it is right to say 'no'. - Pressure comes in different forms (peer pressure and the media) and can be spoken or unspoken. - Our thoughts and feelings impact our actions so we can develop strategies to lead to a positive impact.	Pressure	Feeling that you should do something you don't want to do because somebody is influencing you	Bodily autonomy	The right for a person to decide what is right for their body.	Consent	Permission for something to happen.	Self-talk	Inner voice - influenced by experiences and beliefs, can encourage positivity and self-awareness.	British Values <i>Rule of Law Democracy</i> <i>Individual Liberty</i> <i>Respect and Tolerance.</i> Children's Mental health week <i>Growing Together</i> -Emotional growth -Helping each other -Using setbacks to adapt and grow -Leaving our comfort zone. -Responsibility and potential -Recognising mental health struggles in young people..
Pressure	Feeling that you should do something you don't want to do because somebody is influencing you										
Bodily autonomy	The right for a person to decide what is right for their body.										
Consent	Permission for something to happen.										
Self-talk	Inner voice - influenced by experiences and beliefs, can encourage positivity and self-awareness.										
Sharing isn't always caring Cyberbullying	Dear Lord Thank you that you care about me and my safety. Help me to spot the danger signs in real life and online. Help me remember to talk about anything that upsets me, Amen	<table><tr><td>media</td><td>The main means of mass communication; broadcasting, publishing and internet.</td></tr><tr><td>cyberbullying</td><td>Bullying or harassment over digital devices.</td></tr><tr><td>privacy</td><td>The right to shield your personal life. Privacy of information- the right to have control over and protect your personal information.</td></tr><tr><td>Abuse</td><td>Any action or failure to act by another person - adult or child - that causes significant harm to a child.</td></tr></table> - Increasing independence brings increased responsibility to keep themselves and others safe. - How to use technology safely. - Bad language and bad behaviour are inappropriate. - What kind of physical contact is acceptable or unacceptable. - How to get help or report if they encounter inappropriate material.	media	The main means of mass communication; broadcasting, publishing and internet.	cyberbullying	Bullying or harassment over digital devices.	privacy	The right to shield your personal life. Privacy of information- the right to have control over and protect your personal information.	Abuse	Any action or failure to act by another person - adult or child - that causes significant harm to a child.	Safer Internet Day <i>All fun and games?</i> <i>Exploring respect and relationships online.</i> From gaming and chat, to streaming and video, young people are shaping the interactive entertainment spaces they are part of. Exploring young people's role in creating a safer internet, whether that is whilst gaming and creating content, or interacting with their friends and peers.
media	The main means of mass communication; broadcasting, publishing and internet.										
cyberbullying	Bullying or harassment over digital devices.										
privacy	The right to shield your personal life. Privacy of information- the right to have control over and protect your personal information.										
Abuse	Any action or failure to act by another person - adult or child - that causes significant harm to a child.										