



PSHE	Year 6	Theme: Drug, alcohol and tobacco education – weighing up risk.
What will I know by the end of this topic?	Vocabulary	
<ul style="list-style-type: none"> • About some of the possible effects and risks of drugs. • That some drugs are restricted and illegal to own, use and supply them. • Why and when people might use drugs. • Know where to get help, advice and support about drug use. • Know ways of reducing risk in drug taking situations. 	<ul style="list-style-type: none"> • Drug – substance which has an affect on the body • Alcohol – a colourless liquid which is found in wine, beer, spirits and other drinks that affects people’s mood. • Tobacco – dried tobacco leaves which contain the drug nicotine. • Nicotine – a yellowy oily liquid which causes people to feel more alert. • Solvents – a liquid used to dissolve other substances. Some people breathe in the solvent to feel “high” but it is very harmful to your brain. • Cannabis – a plant which when smoked temporarily changes the way the brain works. 	
Reflective questions		
<p>Why might someone feel pressured to take drugs?</p> <p>Are all drugs bad?</p> <p>What could you do if you were worried about someone taking drugs?</p>		



St Austin's R.C. Primary School – PSHE



PSHE	Year 6	Theme: Identity, society and democracy – human rights
What will I know by the end of this topic?	Vocabulary	
<ul style="list-style-type: none"> • Understand what migration means. • Identify reasons why people might move from one place to another. • That we all have human rights but that those rights also come with responsibilities. • How to find information of human rights. • Think about why people might become homeless and how it would feel. 	<ul style="list-style-type: none"> • Migration – movement from one place to another • Refugee – a person who has been forced to leave their country to escape war, persecution or natural disaster. • Human rights – a right which belongs to every person. • War – armed fighting between different groups (sometimes countries) • Conflict – a serious disagreement or argument • Homelessness – being without a home 	
Reflective questions		
<p>If something really bad happened in our country (such as a war) and you could make your own, or your family's life better by moving to another country, would you? Do you think refugees want to leave their own homes? How can we help refugees feel welcomed?</p>		

St Austin's R.C. Primary School – PSHE



PSHE	Year 6	Theme: Mental health and wellbeing – healthy minds
<p>What will I know by the end of this topic?</p>	<p>Vocabulary</p>	
<ul style="list-style-type: none"> • Understand that mental health is about emotions, moods and feelings. • That everyone has a state of mental health that changes frequently and that any one state is not permanent. • That there is advice and support available for mental health. • What things can affect a person's mental health. • How to deal with stress. • That anyone can be affected by mental ill health. • How we can look after our mental health daily. • Recognise that stigma and discrimination of people living with mental health problems can and does exist. 	<ul style="list-style-type: none"> • Emotion – a strong feeling based on your mood, circumstances or relationship with others • Mental health – your state of emotional well-being • Mental health difficulty – when a person is having a hard time keeping a balanced emotional well-being • Mental health illness – when someone has been diagnosed by a medical practitioner as having a mental health difficulty • Stigma – a mark of disgrace associated with something e.g. mental health problems 	
<p style="text-align: center;">Reflective questions</p>		
<p>What things do you do, or could you do, to help to lift your mood? Who can you speak to if you are feeling down or anxious? What could you do to help you cope with stress?</p>		



St Austin's R.C. Primary School – PSHE



PSHE	Year 6	Theme: Keeping safe and managing risk – keeping safe out and about.
What will I know by the end of this topic?	Vocabulary	
<ul style="list-style-type: none"> • About potential risks when out and about in the local area. • What risky behaviours can look like in peer groups. • How you can respond if you feel pressured into doing something risky which you don't want to do by your peer group. • Some consequences of anti-social behaviour. • Ways to resist peer pressure. • That you have a responsibility for your own actions and behaviours. • 	<ul style="list-style-type: none"> • Peer pressure – strong influence from people in your group. It could be your friendship group or classmates. • Risky – something that involves a risk or danger. • Illegal – something that is against the law. • Anti-social – an action that is against the laws and customs of a society, and that causes annoyance to others. • Society – people who live together in a community. 	
Reflective questions		
<p>What behaviours do you think could be considered anti-social? How can you be a good member of our society?</p>		