



## Jigsaw PSHE Summer 1 - Relationships (Y6)

This term, the Jigsaw unit we will be covering in PSHE is 'Relationships'. This unit is focused around our relationships with others, rights and responsibilities and recognising/managing risks in our lives. The 'puzzle pieces' explored are detailed below, as is the core vocabulary we will be teaching and using.

In this Puzzle the class learn more about mental health and how to take care of their own mental well-being. They explore the grief cycle and its various stages, and discuss the different causes of grief and loss. The children learn about people who can try to control them or have power over them. They investigate online safety, learning how to judge if something is safe and helpful, as well as talking about communicating with friends and family in a positive and safe way. learn more about mental health and how to take care of their own mental well-being. They explore the grief cycle and its various stages, and discuss the different causes of grief and loss. The children learn about people who can try to control them or have power over them. They investigate online safety, learning how to judge if something is safe and helpful, as well as talking about communicating with friends and family in a positive and safe way.

### Puzzle Pieces (lessons)

1. What is mental health? (understanding mental health and the fact that people can experience problems with mental health).
2. My own mental health. (understanding the importance of self-care; identifying when help is needed for self and others and how to seek it).
3. Love and Loss. (Understanding grief and how grief can be different for different people; recognising different types of loss).
4. Power and Control (Recognising when people are trying to gain control/be controlling; knowing strategies for standing up for self and others).
5. Being Online. (Judging the value, authenticity and helpfulness of online content; identifying potentially fake information; resisting pressure).
6. Using Technology Responsibly. (Taking appropriate responsibility for online safety and wellbeing; using technology positively and safely to communicate with friends and family).

### Vocabulary

Mental health, ashamed, stigma, stress, anxiety, support, worried, signs, warning, self-harm, emotions, feelings, sadness, loss, grief, denial, despair, guilt, shock, hopelessness, Anger, bereavement, coping strategies, power, control, authority, bullying, script, assertive, risks, pressure, influences, self-control, real/fake, true/untrue, assertiveness, judgement, communication, technology, power, cyber-bullying, abuse, safety.

Jigsaw, the mindful approach to PSHE is a progressive and spiral scheme of learning. In planning the lessons, Jigsaw PSHE ensures that learning from previous years is revisited and extended, adding new concepts, knowledge and skills, year on year as appropriate.