

<b>Summer – Health and wellbeing</b>	<p><b>Physical health and Mental wellbeing</b></p> <p>What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online</p> <p>PoS Refs: H13, H14, H15, H20, H21, H22, H23, H24</p>	<ul style="list-style-type: none"> <li>• that mental health is just as important as physical health and that both need looking after</li> <li>• to recognise that anyone can be affected by mental ill-health and that difficulties can be resolved with help and support</li> <li>• how negative experiences such as being bullied or feeling lonely can affect mental wellbeing</li> <li>• positive strategies for managing feelings</li> <li>• that there are situations when someone may experience mixed or conflicting feelings</li> <li>• how feelings can often be helpful, whilst recognising that they sometimes need to be overcome</li> <li>• to recognise that if someone experiences feelings that are not so good (most or all of the time) – help and support is available</li> <li>• identify where they and others can ask for help and support with mental wellbeing in and outside school</li> <li>• the importance of asking for support from a trusted adult</li> <li>• about the changes that may occur in life including death, and how these can cause conflicting feelings</li> <li>• that changes can mean people experience feelings of loss or grief</li> <li>• about the process of grieving and how grief can be expressed</li> <li>• about strategies that can help someone cope with the feelings associated with change or loss</li> <li>• to identify how to ask for help and support with loss, grief or other aspects of change</li> <li>• how balancing time online with other activities helps to maintain their health and wellbeing</li> <li>• strategies to manage time spent online and foster positive habits e.g. switching phone off at night</li> <li>• what to do and whom to tell if they are frightened or worried about something they have seen online</li> </ul>	<p><a href="#">PSHE Association Mental Health and wellbeing lessons (KS2 Y5-6)</a></p> <p><a href="#">NSPCC Making sense of relationships</a></p> <p><a href="#">Public Health England Rise Above KS2 Social media</a></p> <p><a href="#">Guardian foundation and National Literacy Trust NewsWise-KS2 Lesson 3 Managing feelings about the news</a></p>
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<p><b>Growing and changing</b></p> <p>Human reproduction and birth; increasing independence; managing transitions</p>	<ul style="list-style-type: none"> <li>• to recognise some of the changes as they grow up e.g. increasing independence</li> <li>• about what being more independent might be like, including how it may feel</li> <li>• about the transition to secondary school and how this may affect their feelings</li> <li>• about how relationships may change as they grow up or move to secondary school</li> </ul>	<p><a href="#">Medway Public Health Directorate Primary RSE-KS2 Y6 Lesson 2 Puberty: Change and becoming independent</a></p> <p><a href="#">Lesson 4 How a baby is made</a></p>
<p>PoS Refs: H24, H33, H35, H36</p>	<ul style="list-style-type: none"> <li>• practical strategies that can help to manage times of change and transition e.g. practising the bus route to secondary school</li> <li>• identify the links between love, committed relationships and conception</li> <li>• what sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults <b>(Not on Statutory Framework- Parents have the option to withdraw their child from this session)</b></li> <li>• how pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb <b>(Not on Statutory Framework- Parents have the option to withdraw their child from this session)</b></li> <li>• that pregnancy can be prevented with contraception<sup>2</sup> <b>(Not on Statutory Framework- Parents have the option to withdraw their child from this session)</b></li> <li>• about the responsibilities of being a parent or carer and how having a baby changes someone's life</li> </ul>	<p><a href="#">NSPCC Making sense of relationships - Secondary school and Changing friendship</a></p> <p><a href="#">Public Health England Rise Above KS2- Transition to secondary school</a></p>

**Keeping safe**

Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media

PoS Refs: H37, H42, H46, H47, H48, H49, H50

- how to protect personal information online
- to identify potential risks of personal information being misused
- strategies for dealing with requests for personal information or images of themselves
- to identify types of images that are appropriate to share with others and those which might not be appropriate
- that images or text can be quickly shared with others, even when only sent to one person, and what the impact of this might be
- what to do if they take, share or come across an image which may upset, hurt or embarrass them or others
- how to report the misuse of personal information or sharing of upsetting content/ images online
- about the different age rating systems for social media, T.V, films, games and online gaming
- why age restrictions are important and how they help people make safe decisions about what to watch, use or play
- about the risks and effects of different drugs
- about the laws relating to drugs common to everyday life and illegal drugs
- to recognise why people choose to use or not use drugs, including nicotine, alcohol and medicines as well as illegal drugs
- about the organisations where people can get help and support concerning drug use
- how to ask for help if they have concerns about drug use
- about mixed messages in the media relating to drug use and how they might influence opinions and decisions

[NSPCC Share aware](#)

[1 decision – Computer safety £](#)

[BBFC KS2 lessons Let's watch a film!](#)

[Making choices about what to watch](#)

[Childnet Trust me-Y5/6 Lesson 2 Online contact](#)

[Google and Parent zone Be Internet Legends](#)

[Islington Healthy Schools Team –](#)

[DrugWise £](#)

[Fire safety talk](#)