

## Personal Social Health & Economic Education – Year 6

### Autumn

How can we keep healthy as we grow?

- You can be healthy by eating a balanced diet.
- Exercise and sleep are also important for your health.
- **It is important not to spend too much time online.**
- It is important to understand how you feel (moods and emotions).
- You should speak to someone if you feel that something isn't ok.
- We must look after our mental health as well as our physical health. We can be supported by family, friends and professionals if needed.

### Spring

How can the media influence people?

- Not all social media is good - it can show a false representation of someone or something unachievable. This can cause a negative effect on wellbeing.
- Not all social media is trustworthy – fake news can be spread on social media.
- The social media you use should be age appropriate.
- If something upsets you on social media, you should report it to a trusted adult.
- **You can use technology to build a professional online profile.**

### Summer

What will change as we become more independent?

How do friendships change as we grow?

- As you grow up you may find new friends and lose some friends as you mature. This may make you feel sad but understanding that it is part of life is important.
- Going to secondary school will promote independence for example: having to organise yourself, follow time tables and time management.
- It is ok to be attracted to someone as we grow up; we discover different feelings for different people.
- Some people may choose to not marry.
- Marriage should be with consent and not forced.