Christ the Sower Ecumenical Primary School

PSHE
Knowledge Organiser

Year 6 – Summer 1
Relationships

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PSHE

Focus Question: How can I build positive, healthy relationships?

Key Vocabulary

mental health	How we feel, think and cope with life.
grief	Feelings that can follow loss or change.
power	The ability to influence or control others.
assertive	Speaking firmly and respectfully for yourself.
AI	Technology that can create realistic content.
cyberbullying	Bullying using digital technology.
SMARRT	Rules taught for safer online behaviour.
support	Help from people we can trust.

Key Learning

- I know how to protect and support my mental health.
- I understand that grief and loss affect people differently.
- I can recognise attempts to gain power or control.
- I can question whether online content is real or safe.
- I can communicate safely and positively using technology.

Relationships in Action



Look after wellbeing

Notice worry signs and reach out for support.



Stand up respectfully

Use assertive words when faced with pressure.



Stay safe with AI

Check online content and follow SMARRT rules.

Remember and Try

- Be kind to people experiencing grief or worry.
- Say no to controlling behaviour and tell an adult.
- Check what is real; communicate safely online.

End Point

I can care for my mental health, respond empathetically to loss, recognise harmful control and use technology safely and responsibly.