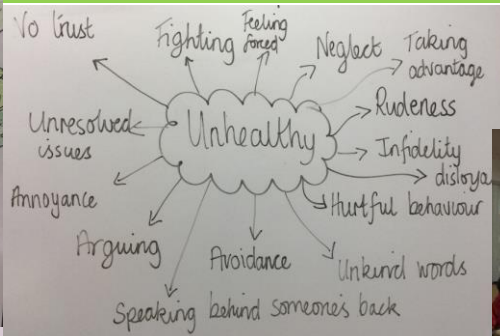




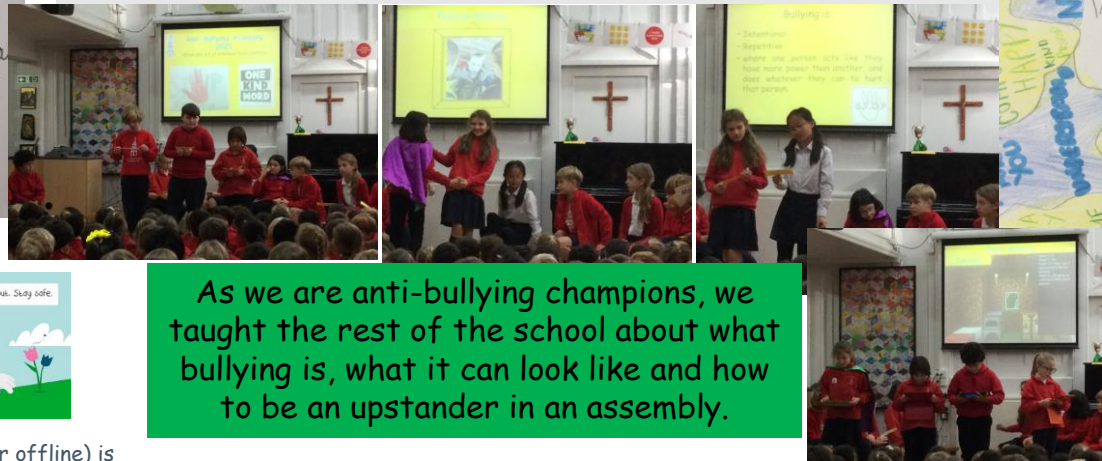
we learnt about what constitutes a healthy relationship and what we can do and who we can speak to if we need support with a relationship which makes us feel unsafe or uncomfortable



PSHE Weeks in Year 6

Building positive relationships and celebrating diversity

Here are just a few of the things we learnt during our two PSHE weeks.

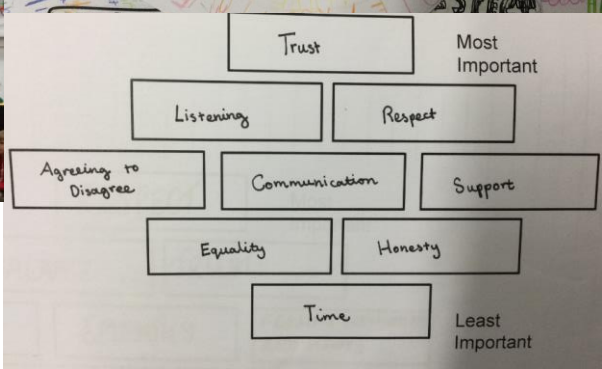


We learnt about what constitutes a positive relationship. We created a diamond 9 to show what is most important to use in a relationship.

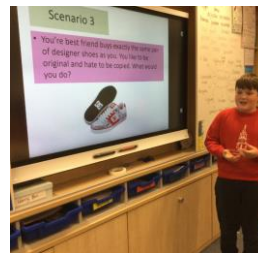


As we are anti-bullying champions, we taught the rest of the school about what bullying is, what it can look like and how to be an upstander in an assembly.

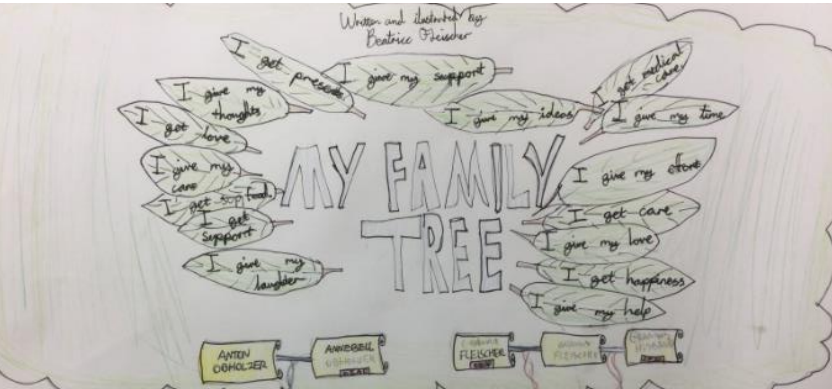
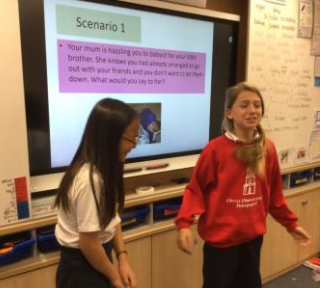
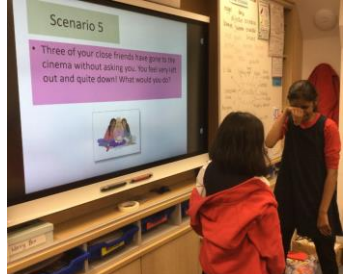
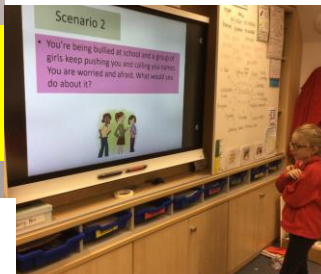
*to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary



Aggressive, assertive or passive?
We discussed and learnt that it is absolutely fine to disagree with someone or have a different opinion to someone else. We discussed the difference between being aggressive, passive or assertive when someone or something upsets us. We role-played scenarios to try to be more assertive, ensuring that we showed how a situation or person made us feel whilst remaining respectful and polite.



*how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with



We thought about our families and created family trees. We made our trees to show that families are all different shapes and sizes but are important to all of us. We added to our family trees what we give and what we receive from our family relationships.

*that a feature of positive family life is caring relationships; about the different ways in which people care for one another

We wrote letters to distant family and friends. This activity makes both us happy as well as the person receiving the letter in the post. Some of us wrote letters in different languages. Many of our letters will be received in countries all over the world! We are keeping our fingers crossed that we may get a reply!

