

* I know that it is important to take care of my own mental health
* I know ways that I can take care of my mental health
* I know the stages of grief and that there are different types of loss that cause people to grieve
* I know that sometimes people can try to gain power or control me
* I know some of the dangers of being online
* I know how to use technology safely and positively to communicate with my friends and family



Mental health

Stigma

Anxiety

Self-harm

Loss/Grief

Denial

Despair

Guilt

Shock

Hopelessness

Anger

Acceptance

Bereavement

Coping strategies

Power/Control

Authority

Assertive

Vocabulary

* I know some ways I can use technology safely
* I know some ways to resist peer pressure

Topic: Relationships

Year:6

Summer 1

What should I already know?

What will I know by the end of this unit of work?

Waterloo Primary School – PSHE Knowledge Organiser