

The background of the slide features a dark blue gradient with numerous thin, light blue vertical lines of varying heights and positions, creating a textured, rain-like effect. A solid teal rectangular box is positioned on the left side of the slide, containing the text. The box has a thin yellow border on its top, right, and bottom edges.

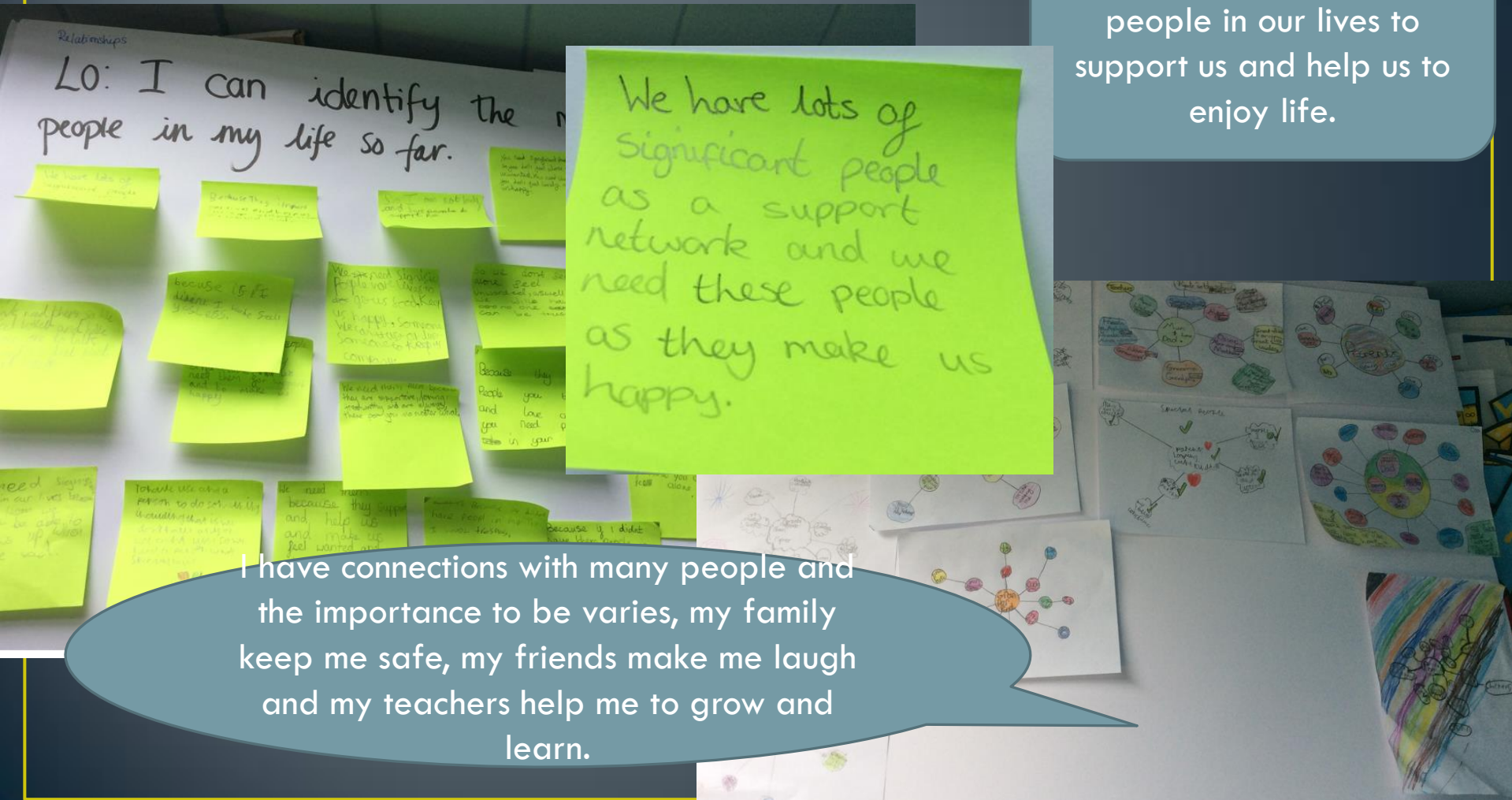
PSHE

Lynher Summer 1 2022

Relationships

I can identify the most significant people in my life so far.

We need significant people in our lives to support us and help us to enjoy life.



I know how to take care of my mental health and can help myself and others when worried about a mental health problem.

LO: I know how to take care of my mental health and can help myself and others when worried about a mental health problem.

It is good to talk and share if you're worried, there are people out there to support us all.

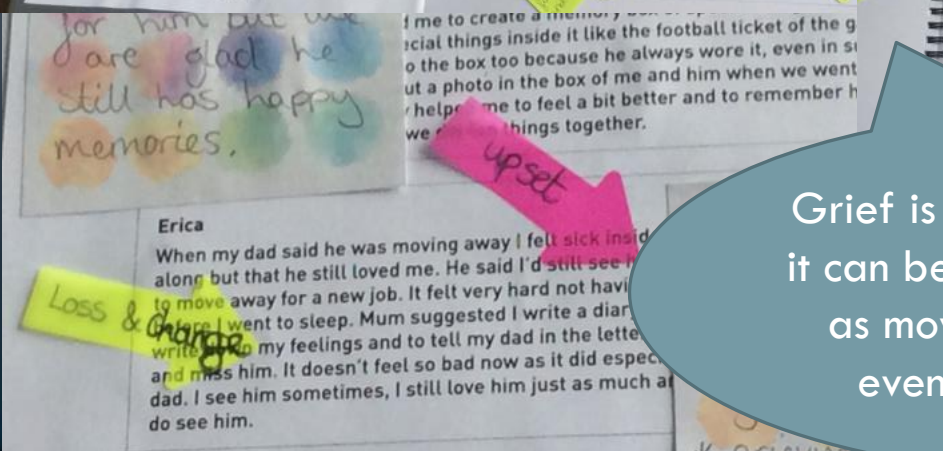
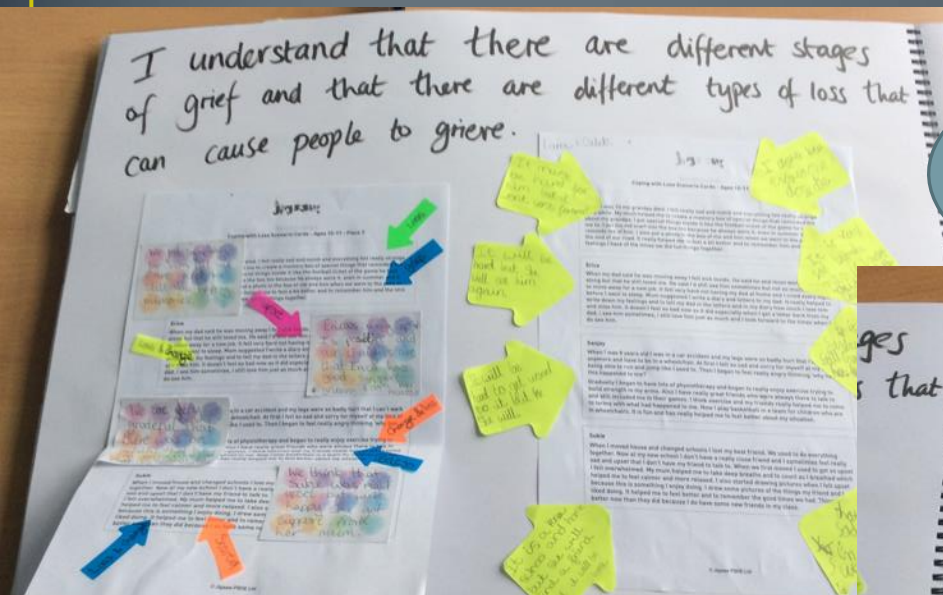


I thought about what would make me feel calm and created a mindfulness poster.

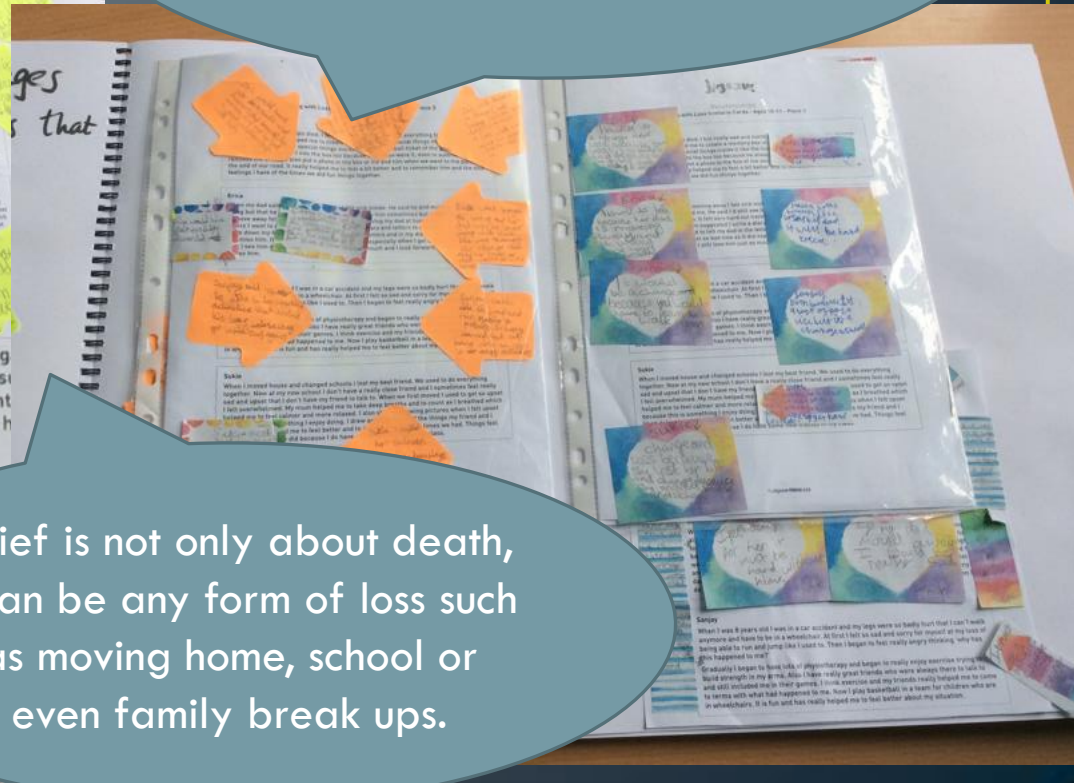


I understand there are different stages of grief and there are different types of loss that can cause people to grieve

The stages of grief are normal and can last varying amounts of time, depending on the person.



Grief is not only about death, it can be any form of loss such as moving home, school or even family break ups.



I recognise when people try to gain power or control and I know how to stand up for myself.

Sometimes people can get power and/or control over others. It's not always bad, but it can be unfair.

STAND UP FOR
★ YOURSELF ★

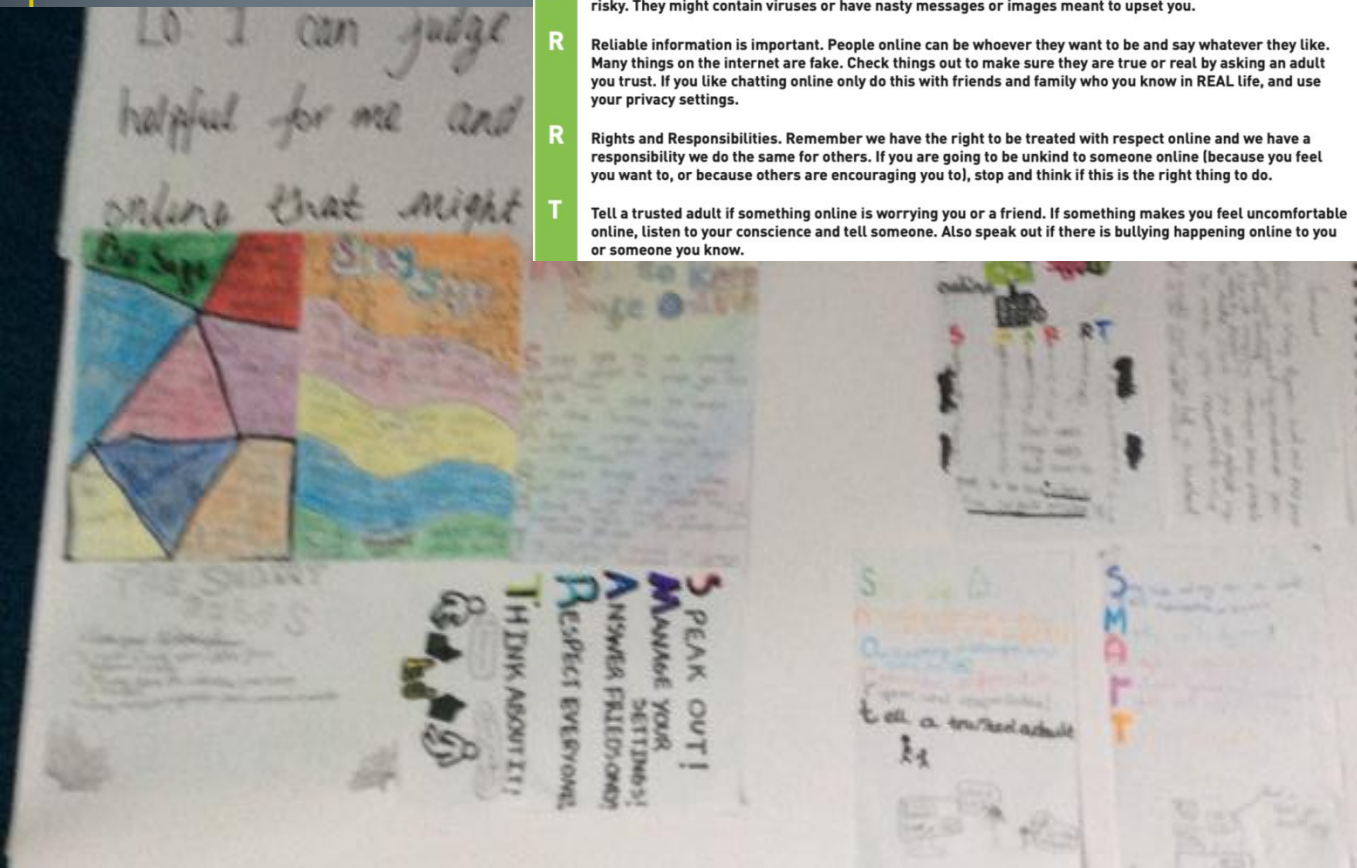
We look at different scenarios of power and control and thought about how to help people who are being manipulated by others.

I can judge whether something online is safe and helpful for me and can resist pressure to do something online that might hurt myself or others

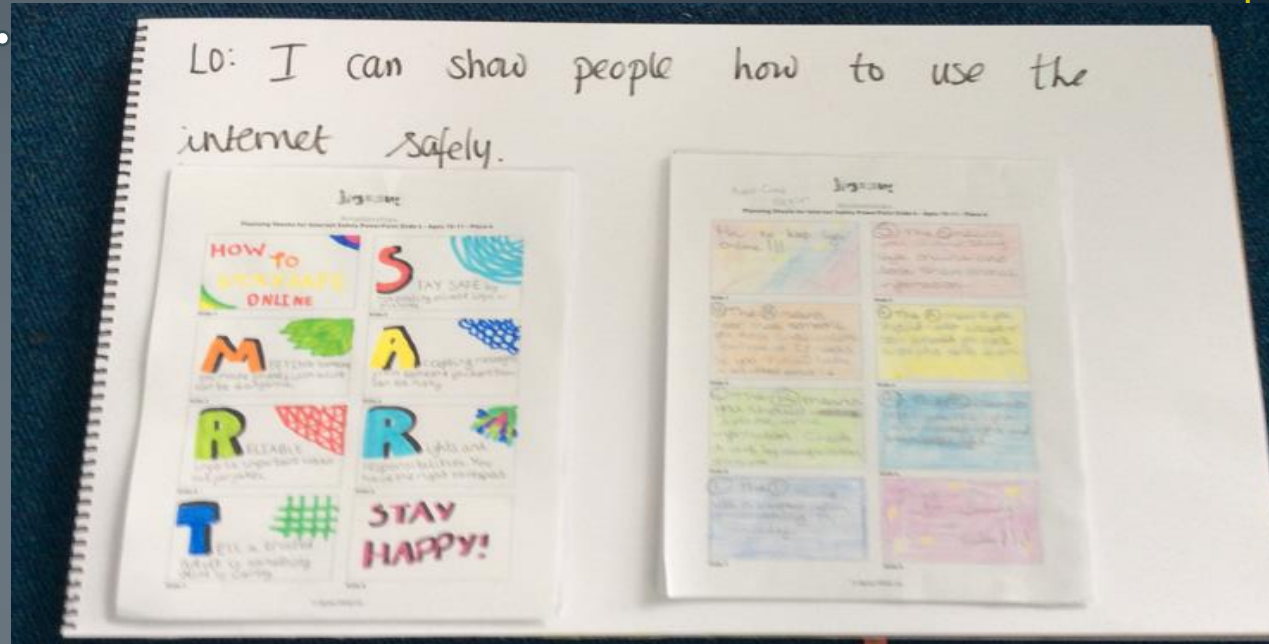
The SMARTT rules

- S** Stay safe by not posting or sharing private information or pictures
- M** Meeting someone you have met online can be dangerous. It is best not to do this at all but if you must, take a parent or carer with you.
- A** Accepting messages and emails or opening files, pictures or links sent by someone you don't know can be risky. They might contain viruses or have nasty messages or images meant to upset you.
- R** Reliable information is important. People online can be whoever they want to be and say whatever they like. Many things on the internet are fake. Check things out to make sure they are true or real by asking an adult you trust. If you like chatting online only do this with friends and family who you know in REAL life, and use your privacy settings.
- R** Rights and Responsibilities. Remember we have the right to be treated with respect online and we have a responsibility we do the same for others. If you are going to be unkind to someone online (because you feel you want to, or because others are encouraging you to), stop and think if this is the right thing to do.
- T** Tell a trusted adult if something online is worrying you or a friend. If something makes you feel uncomfortable online, listen to your conscience and tell someone. Also speak out if there is bullying happening online to you or someone you know.

I know to follow the SMARTT rules when online, the internet is massive and we need to realise that not everything on there is safe.



I can show other people how to use the internet safely.



Technology has advanced so much in recent years that not everyone is able to understand how to use it safely. We created a presentation to enable people to use it safely and responsibly.

