

Knowledge Organiser

PSHE including RSE

Year 6 Autumn Relationships - Safe Relationships



Vocabulary	
pressure	Being persuaded or intimidated to make someone do something.
self-esteem	Having confidence in yourself and abilities.
blackmail	Threatening to say something bad about someone unless that person pays money.

- Compare the features of a healthy and unhealthy friendship. One of the biggest signs of an unhealthy relationship is. one which makes you feel bad about yourself.
- Threats or black-mailing are signs of an unhealthy relationship
- Peer pressure can cause someone to doubt themselves and can lead them to having lower self-esteem.
- How to assess the risk of different online 'challenges' and 'dares'. Daring someone to do something is unfair and unkind.
- How to recognise and respond to pressure from others to do something unsafe or that makes them feel worried or uncomfortable.
- How to get advice and have **courage** to report concerns about personal safety, including online.
- What consent means and how to seek and give/not give permission in different situations.