**Progression of skills: PSHEE Year Six**

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| National Curriculum | * Non Statutory subject
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| Being me in my world | Identifying goals for the yearGlobal citizenshipChildren’s universal rightsFeeling welcome and valuedChoices, consequences and rewardsGroup dynamicsDemocracy, having a voiceAnti-social behaviourRole-modelling |
| Celebrating differences | Perceptions of normalityUnderstanding disabilityPower strugglesUnderstanding bullyingInclusion/exclusionDifferences in conflict, difference in celebrationEmpathy  |
| Dreams and goals | Personal learning goals, in and out of schoolSuccess criteriaEmotions in successMaking a difference in the worldMotivationRecognising achievementsCompliments  |
| Healthy me | Taking personal responsibilityHow substances affect the bodyExploitation, including ‘county lines’ and gang cultureEmotional and mental healthManaging stress  |
| Relationships | Mental healthIdentifying mental health worries and sources of supportLove and lossManaging feelingsPower and controlAssertivenessTechnology safetyTake responsibilities with technology use |
| Changing me | Self-image Body imagePuberty and feelingsConception to birthReflections about changePhysical attractionRespect and consentBoyfriends/girlfriendsSextingTransition  |
| Support |  |
| More Able |  |