Year 6: Relationships

Subject Specific Vocabulary

mental health	Mental health is feeling good in your mind and emotions.
anxiety	Anxiety is feeling worried or nervous about something unknown.
acceptance	Acceptance means understanding and embracing things or people as they are.
assertiveness	Assertiveness is speaking up for yourself in a confident way.
bereavement	Bereavement is feeling sad after someone you love passes away.
cyberbulling	bullying online, through games, social media or trolling. Remember:
abuse	Online abuse is hurtful or harmful behaviour on the internet.

Several Times On Purpose



Start Telling Other People

Questions for family learning

- What tips can you give me for taking care of my own mental health?
- What is the grief cycle? Do you have any tips for dealing with grief?
- Who do you talk to online? What would you do if they said something that you didn't like?
- How do you know if a website is genuine?

If you are worried about anything please speak to someone. You can speak to:



- Someone at home
- Your teacher at school
- Mr Hogston, our safeguarding lead
- Put a note in the worry box in school
- If you don't feel you can speak to anyone here you also can phone Childline on 0800 1111

Sticky Knowledge

If you or your friend's worries get too big to manage get some help or advice.

Knowledge - There are 4 stages of grief: denial, anger, sadness, acceptance



SMART

