

Year 6

What will my child be learning in this unit?

In this unit, children will identify their goals for the year ahead and explore any fears or worries they may have about the future. They will learn how to express these feelings and consider how they can help others feel welcome and valued. Children will explore their rights and responsibilities and understand that although all children have rights, not all children have their needs met equally. They will reflect on global inequality and how life experiences can differ around the world. Children will also consider how their actions affect others locally and globally, how individual behaviour impacts group success, and how democracy and the Learning Charter support fairness, responsibility and positive citizenship.

How to Support at Home

- Discuss hopes and worries: Encourage your child to share what they are looking forward to and any concerns they may have about the future or secondary school.
- Talk about rights and fairness: Explore what all children need to thrive and how these needs may differ in different parts of the world.
- Encourage empathy: Discuss how our actions, including kindness and fairness, can impact others locally and globally.
- Promote responsibility: Give your child opportunities to take on leadership or supportive roles at home.
- Model democracy: Involve your child in decision-making at home and show how respectful discussion helps everyone's voice be heard.

Simple Activity: "Making a Difference"

1. Ask your child to think of one positive difference they can make at home, school or in their community.
2. Plan a small action together to achieve this, such as helping someone, reducing waste, or supporting a cause.



Being Me In My World

Parent Support Guide

This guide helps parents support their children in exploring their own identity, understanding their feelings, recognising their strengths and goals, and learning how they belong in different groups, such as school, family, and the wider community. It also encourages children to develop responsibility, confidence, and a sense of fairness.



Celebrating Difference

Parent Support Guide

This guide helps parents support their children in learning about celebrating difference, inclusion and respectful relationships. Children explore how everyone is unique, develop empathy and kindness towards others, challenge stereotypes and bullying, and learn how respect, acceptance and understanding help create safe, welcoming and inclusive communities.



Year 6

What will my child be learning in this unit?

In this unit, children explore diversity, equality and inclusion, developing a deeper understanding of prejudice, discrimination and the importance of respecting everyone's rights. They consider how assumptions, stereotypes and power can affect people's lives and learn why celebrating differences helps build stronger, fairer communities. Children also develop strategies for responding to bullying, recognise the importance of standing up to discrimination and explore the achievements of people with disabilities. Throughout the unit, they are encouraged to think critically, show empathy and appreciate the value that different experiences, cultures and identities bring to society.

How to Support at Home

- Encourage respectful discussions: Talk openly about diversity, fairness and why everyone deserves respect and equal opportunities.
- Challenge stereotypes: Discuss how assumptions can influence the way we think and why it is important to judge people by their actions and character.
- Talk about bullying: Encourage your child to speak up, seek support from trusted adults and support others safely if they witness bullying.
- Celebrate diversity: Learn together about different cultures, communities and inspiring individuals who have overcome barriers.
- Develop empathy: Encourage your child to consider how situations might feel from another person's perspective before making judgements.

Simple Activity: "Walk in Someone Else's Shoes"

- 1) Choose a real person or fictional character who has faced challenges because they were different.
- 2) Talk about the barriers they experienced and how others could have supported them.
- 3) Discuss how respect, kindness and inclusion can make a positive difference.



Dreams and Goals

Parent Support Guide

This guide helps parents support their children in learning about goals, aspirations and perseverance. Children explore how effort, resilience and teamwork help them overcome challenges, celebrate success and develop confidence in themselves and others.

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What will my child be learning in this unit?

In this unit, children focus on setting challenging but realistic goals and stretching their learning. They learn to plan the steps needed to achieve their goals, set success criteria and stay motivated when working towards them. Children explore global and local issues, developing empathy and learning positive ways to respond to difficult feelings. They work with others to plan projects that make a difference, developing teamwork and leadership skills. Finally, they reflect on their achievements, accept praise and recognise the strengths and contributions of others.

How to Support at Home

- Discuss learning goals: Talk with your child about one goal for school and one for outside school. Discuss steps to achieve them and what success looks like.
- Encourage reflection: Ask how they felt when they completed a goal and what they might do differently next time.
- Explore global issues: Discuss current events that matter to them and encourage positive ways they can help or make a difference.
- Support teamwork and leadership: Encourage participation in group activities and reflection on how helping others feels.
- Praise and compliments: Model giving genuine praise at home and encourage your child to recognise strengths in themselves and others.

Simple Activity: "Goal & Impact Map"

1. Ask your child to choose one personal goal for school and one for home or outside school.
2. Help them plan the steps and decide how they will know when they've succeeded.
3. Talk about a problem in the world that concerns them and ask: How does it make you feel? How could you or a group help?
4. Reflect together on their own strengths and ask them to give one compliment to a family member or friend.





Healthy Me

Parent Support Guide

This guide helps parents support their children in the *Healthy Me* unit of PSHE. Across the unit, children explore how to keep their bodies and minds healthy, make positive choices about food, exercise, rest, and personal hygiene, and understand how to stay safe in different situations. They develop awareness of how their actions affect their wellbeing, learn to manage feelings and peer pressure, and build confidence, resilience, and responsibility as they make healthy choices for themselves and others.

Year 6

What will my child be learning in this unit?

Children learn to take increasing responsibility for their physical and emotional health and wellbeing. They explore healthy ways to manage stress and pressure, develop a greater understanding of mental health, and learn how to recognise when they or others may need support. Children also learn about the risks associated with drugs, gangs and exploitation, developing the confidence to make informed, safe decisions and seek help from trusted adults when needed.

How to Support at Home

- **Encourage independence:** Talk about how your child can make healthy choices and take responsibility for their physical and emotional wellbeing.
- **Talk about stress:** Discuss healthy ways to manage stress, pressure and strong emotions, and model positive coping strategies.
- **Discuss safely:** Have age-appropriate conversations about drugs, gangs, exploitation and the importance of seeking help from trusted adults.
- **Check in regularly:** Create opportunities to talk about feelings, mental health and any worries your child may have.
- **Celebrate resilience:** Praise your child when they make thoughtful, responsible decisions or persevere through challenges.

Simple Activity: "My Wellbeing Toolkit"

1. Together, create a list of healthy ways to manage stress and look after physical and emotional wellbeing (e.g. exercise, talking to someone, hobbies, relaxation or spending time outdoors).
2. Discuss who your child's trusted adults are and when they might ask for help.
3. Keep the toolkit somewhere visible and encourage your child to use the strategies whenever they feel worried or under pressure.





Relationships

Parent Support Guide

This guide helps parents support their children in the Relationships unit of PSHE. Across the unit, children explore how to build positive and safe relationships with family, friends, and others. They learn to recognise and manage emotions, develop empathy, communicate effectively, and resolve conflicts. Children also reflect on personal boundaries, appreciate the importance of trust and support networks, understand the impact of online interactions, and practise showing kindness, gratitude, and respect. The unit helps them build confidence, resilience, and social responsibility as they develop healthy, caring, and respectful relationships.

Year 6

What will my child be learning in this unit?

In this unit, children learn about mental health and wellbeing, understanding how thoughts, feelings and actions affect mental health and how to recognise when they or others may need support. They also explore grief and loss, learning healthy ways to manage difficult emotions and seek help. Children develop the skills to recognise unhealthy power and control in relationships and practise responding assertively. They also learn how to stay safe online by judging online content critically, understanding how AI can create fake images and videos, protecting their privacy, and using technology responsibly to communicate with others.

How to Support at Home

- **Talk about mental health:** Encourage open discussions about feelings and coping strategies.
- **Support emotional wellbeing:** Help your child identify ways to manage grief, stress, or worries.
- **Discuss relationships:** Talk about healthy boundaries and how to respond if someone tries to control or pressure them.
- **Reinforce online safety:** Discuss how to question online content, including AI-generated images and videos, and how to respond to online pressure safely.
- **Promote responsible technology use:** Encourage safe communication, respect for privacy and balanced use of technology.

Simple Activity: "Safety and Wellbeing Toolkit"

1. Ask your child to list strategies they can use to stay mentally healthy and safe online.
2. Include trusted people they can talk to when worried.
3. Discuss examples of safe and responsible online actions.
4. Reflect together: How can these strategies help them feel secure, healthy, and connected?





Changing Me

Parent Support Guide

This guide helps parents support their children in the *Changing Me* unit of Jigsaw PSHE. Across the unit, children explore how their bodies grow and change over time, including understanding the life cycles of humans and, in an age-appropriate way, the changes that happen during puberty. They learn to recognise and manage the feelings that can come with these changes, develop a positive understanding of themselves, and build confidence in talking about their bodies and emotions. The unit also supports children in understanding relationships, personal boundaries, and the importance of respect and privacy, helping them to feel prepared, reassured, and empowered as they grow and change.

Year 6

What will my child be learning in this unit?

In this unit, children learn about self-image and body image and how these can affect self-esteem. They explore how media, advertising, and comparisons influence how we see ourselves and develop strategies to build positive thinking and a healthy inner voice. They learn about puberty, including the physical and emotional changes that happen during adolescence, and understand that these changes are a natural part of growing up that affect everyone differently. As part of statutory Sex Education, children learn about human reproduction, including fertilisation and how a baby develops in the womb. This is taught in a scientific, age-appropriate way, focusing on biological processes and correct terminology. *Parents have the right to withdraw their child from this aspect of learning.* Children also explore friendships, peer pressure, and identity, learning how to communicate assertively, make informed choices, and stay true to their values as they prepare for secondary school.

How to Support at Home

- **Talk about self-image and media:** Discuss how media and advertising can influence how we see ourselves and encourage your child to think critically about online and real-life comparisons.
- **Support puberty conversations:** Reassure your child that puberty is a normal part of growing up and encourage open conversations about any questions or feelings they may have.
- **Encourage respectful relationships:** Talk about friendships, peer pressure, and the importance of making choices that reflect personal values and respect for others.

Simple Activity: "Positive Me for Secondary School"

1. Ask your child to list three things they like about themselves.
2. Talk about one challenge they may face when moving to secondary school and how they could handle it.
3. Rewrite a negative thought into a positive one together