

# PSHE – Year 6

## Relationships

In this Puzzle the class look at mental health and how to take care of their own mental well-being. They talk about the grief cycle and its various stages, they also discuss the different causes of grief and loss. The children talk about people who can try to control them or have power over them. They look at online safety, learning how to judge if something is safe and helpful as well as talking about communicating with friends and family in a positive and safe way.

### Key vocabulary

Mental health – psychological and emotional wellbeing

Ashamed – having bad feeling like shame, guilt or disgrace

Stigma – a mark of shame or discredit

Anxiety – a feeling of unease, such as worry or fear

Self-harm – when you hurt yourself on purpose

Denial – a refusal to give or agree to something

Despair – a loss of hope

Bereavement - a period of mourning or or state of intense grief, especially following the death of a loved one

Assertive - to stand up for yourself (and others) without being hurtful or mean

Influences - the power to have an important effect on someone or something

Abuse - cruel and violent treatment of a person or animal

404 I haven't a clue

ADN Any day now

AFAIK As far as I know

A/S/L? Age/sex/location?

B4N Bye for now

BF Boy friend

Here are some examples of abbreviations that are often used online.

How many do you recognise?  
How many others can you think of?  
Does everyone in your family use the same abbreviations?

### Questions for family learning

- What is mindfulness?
- 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?