

Y6 PSHE JIGSAW KNOWLEDGE ORGANISER RELATIONSHIPS

Puzzle Outcomes

- I know that it is important to take care of my own mental health
- I know ways that I can take care of my own mental health
- I know the stages of grief and that there are different types of loss that cause people to grieve
- I know that sometimes people can try to gain power or control others
- I know some of the dangers of being 'online'
- I know how to use technology safely and positively to communicate with my friends and family



Our Values link



Relationships at Lakeside Primary Academy

As good citizens of Lakeside Primary Academy, know it is important for us to take care of our mental health. We can understand that we may feel pressure online and need to use technology positively and safely.

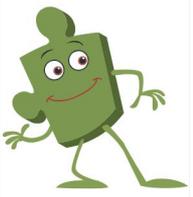
Key Vocab

Mental health	Our emotional, psychological, and social well-being. How we think, feel, and act.
Stress	A state of mental or emotional strain or tension
Worried	Anxious or troubled about actual or potential problems.
Self-harm	Deliberate injury to oneself
Bereaved	Deprived of a close relation or friend through their death.
Coping strategies	Behavioral and cognitive tactics used to manage crises
Authority	The power or right to give orders, make decisions, and enforce obedience.
Influences	The capacity to have an effect on the character, development, or behaviour of someone
Abuse	Treat with cruelty or violence, especially regularly or repeatedly.
Cyber-bullying,	The use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature

Y5 PSHE JIGSAW KNOWLEDGE ORGANISER RELATIONSHIPS

Puzzle Outcomes

- I know that a personality is made up of many different characteristics, qualities and attributes
- I know that belonging to an online community can have positive and negative consequences
- I know that there are rights and responsibilities in an online community or social network
- I know that there are rights and responsibilities when playing a game online
- I know that too much screen time isn't healthy
- I know how to stay safe when using technology to communicate with friends



Our Values link



Relationships at Lakeside Primary Academy

As good citizens of Lakeside Primary, it is important for us to understand that personalities can be very different. We can understand that online relationships can be both healthy and unhealthy and it is important for us to stay safe online.

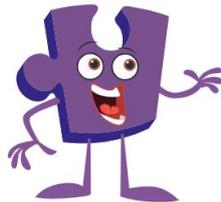
Key Vocab

Self-esteem	Confidence in one's own worth or abilities; self-respect.
Self-talk	Talk or thoughts directed at oneself
Privacy	A state in which one is not observed or disturbed by other people.
Social network	A website or other application which enables users to communicate with each other.
Grooming	When someone builds a relationship, trust and emotional connection with a child or young person so they can manipulate, exploit and abuse them.
Troll	A person who posts in an online community provoking readers into displaying emotional responses, or manipulating others' perception
Gambling	To play games of chance for money; bet.
Physical Health	The state of being free from illness or injury. It can cover a wide range of areas including healthy diet, healthy weight, dental health, personal hygiene and sleep.
Mental Health	Our emotional, psychological, and social well-being. It affects how we think, feel, and act.
Peer pressure	Influence from members of one's peer group.

Y4 PSHE JIGSAW KNOWLEDGE ORGANISER RELATIONSHIPS

Puzzle Outcomes

- I know some reasons why people feel jealousy
- I know that jealousy can be damaging to relationships
- I know that loss is a normal part of relationships
- I know that negative feelings are a normal part of loss
- I know that memories can support us when we lose a special person or animal
- I know that change is a natural part of relationships/ friendship
- I know that sometimes it is better for a friendship/ relationship to end if it is causing negative feelings or is unsafe



Our Values link



Relationships at Lakeside Primary Academy

As good citizens of Lakeside Primary, it is important for us to understand that we should choose friendships and relationships that are positive. We can understand that being jealous of others and upset by loss can be difficult but we know how to manage these feelings.

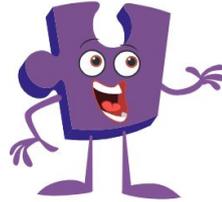
Key Vocab

Relationship	The way in which two or more people or things are connected
Jealous	Feeling or showing an envious resentment of someone or their achievements, possessions, or perceived advantages
Problem solve	The process of finding solutions to difficult or complex issues
Denial	The action of denying something
Acceptance	Recognizing a process or condition without attempting to change it or protest it.
Loss	The fact or process of losing something or someone
Trust	Believe in the reliability, truth, or ability of
Empathy	The ability to understand and share the feelings of another.
Appreciation	A recognition and enjoyment of the good qualities of someone or something.
Love	An intense feeling of deep affection

Y3 PSHE JIGSAW KNOWLEDGE ORGANISER RELATIONSHIPS

Puzzle Outcomes

- I know that different family members carry out different roles or have different responsibilities within the family
- I know that gender stereotypes can be unfair
e.g. Mum is always the carer, Dad always goes to work etc
- I know some of the skills of friendship, e.g. taking turns, being a good listener
- I know some strategies for keeping myself safe online
- I know how some of the actions and work of people around the world help and influence my life
- I know that all children have rights (UNCRC)
- I know the lives of children around the world can be different from my own



Our Values link



Relationships at Lakeside Primary Academy

As good citizens of Lakeside Primary, it is important for us to understand that men and women can have the same or different roles. We can understand being safe online is very important and we need to understand that all children have the right to be safe..

Key Vocab

Stereotype	fixed idea that many people have about a thing or a group that may often be untrue or only partly true
Role	part played by a person or thing in a particular situation.
Responsibilities	being dependable, making good choices, and taking accountability for your actions
Conflict	a struggle between people which may be physical, or between conflicting ideas
Respect	caring enough to consider how words and actions impact others.
Inequality	the condition of not being equal.
Exploitation	using things that are available in order to benefit from it.
Rights	A right is something a person has that people think should not be taken away from them
Equality	the right of every individual to equal treatment and opportunities, regardless of factors like gender, race and social position
Deprivation	the state of being kept from possessing, enjoying, or using something

Y2 PSHE JIGSAW KNOWLEDGE ORGANISER RELATIONSHIPS

Puzzle Outcomes

- I know that everyone's family is different
- I know that families function well when there is trust, respect, care, love and co-operation
- I know that there are lots of forms of physical contact within a family
- I know how to stay stop if someone is hurting me
- I know some reasons why friends have conflicts
- I know that friendships have ups and downs and sometimes change with time
- I know how to use the Mending Friendships or Solve-it-together problem-solving methods
- I know there are good secrets and worry secrets and why it is important to share worry secrets
- I know what trust is



Our Values link



Relationships at Lakeside Primary Academy

As good citizens of Lakeside Primary, it is important for us to understand that we can achieve a healthy relationship with food if we make the right choices. Sharing healthy, nutritious snacks can help us to keep our energy levels and maintain a healthy lifestyle.

Key Vocab

Family	A family is two or more people who are connected by biology, adoption, marriage, or strong emotional bonds
Different	Not the same kind
Similar	Having resemblance or likeness
Relationship	The state of being related or connected
Co-operate	To act or work together so as to get something done.
Physical contact	Person-to-person touching or the use of a device or prop to touch another person
Conflict	A struggle between people which may be physical, or between conflicting ideas
Secret	Something kept or planned to be kept from others' knowledge.
Trustworthy	The ability to keep promises, to be honest and reliable
Honest	Telling the truth no matter what consequences you may face

Puzzle Outcomes

- I know that everyone's family is different
- I know that there are lots of different types of families
- I know that families are founded on belonging, love and care
- I know how to make a friend
- I know the characteristics of healthy and safe friends
- I know that physical contact can be used as a greeting
- I know about the different people in the school community and how they help
- I know who to ask for help in the school community



Our Values link



Relationships at Lakeside Primary Academy

As good citizens of Lakeside Primary, it is important for us to understand how being part of a family and community makes us feel a sense of belonging. We need to make sure that our relationships are healthy and safe is very important.

Key Vocab

Belong	To be bound to (a person, place, or club) by ties of affection, dependence, allegiance, or membership
Friendship	A state of enduring affection, esteem, intimacy, and trust between two people
Like	To find pleasure in; enjoy
Dislike	To have a feeling of not liking; have objections to
Help	To give or provide what is necessary to accomplish a task or satisfy a need;
Community	A group of people living or working together in the same area.
Feelings	Something that we feel from within or inside ourselves.
Confidence	Feeling sure of yourself and your abilities
Self belief	You mostly feel good about yourself.
Relationship	The state of being related or connected