

# Personal Social Health Economics

## Year 6 Knowledge Organiser



Great Moor Junior School  
"Learning Together"  
Respect, Kindness, Tolerance, Responsibility, Co-operation

### Living in the Wider World

#### Rules, Rights & Responsibilities

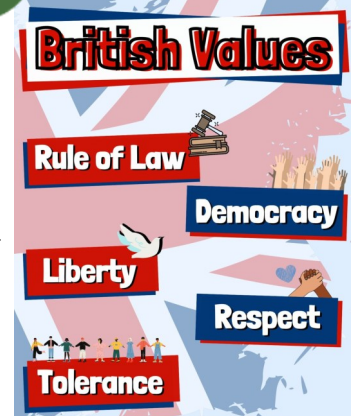
- The criminal age of responsibility in England, Wales, and Northern Ireland is 10 years old.
- Human rights include the right to life and liberty, freedom, the right to work and education. Everyone is entitled to these rights, without discrimination.
- Everyone has a role in **protecting the environment**.

#### Money and Economic Understanding

- Money can be **earned, saved, shared, and invested** this could include budgeting.
- Financial decisions have **long-term consequences** (e.g. debt, saving).
- You should be aware of scams online that look like you can gain free money.
- Money can have positive and negative effects on your emotions.

#### Safety

- You should call 999 in an emergency.
- Railways can be very dangerous and some wires are electric and can give a dangerous electric shock.



### Relationships

#### Families and Different Relationships

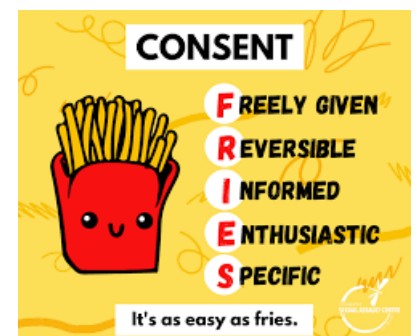
- All families will look different and this is okay.
- Families sometimes argue or disagree but should be able to resolve this.

#### Friendships and Respectful Relationships

- Healthy friendships are based on **mutual respect, honesty, and empathy**.
- It's important to speak up or step away from **toxic or pressuring friendships**.

#### Safe Relationships and Consent

- Consent means **freely agreeing to something** - it can be withdrawn at any time.
- You have the right to **say no** to any touch or situation that feels unsafe.
- Recognising **pressure, manipulation, or exploitation** is crucial to keeping safe.



### Health and Wellbeing

#### Mental Health and Emotional Wellbeing

- It's normal to experience a **range of emotions** and this has a physical effect on our body too.
- **Strategies** like mindfulness, talking, journaling, or exercise can support your mental wellbeing.
- It is okay to feel a range of emotions during the transition to secondary school.

#### Physical Health and Lifestyle

- Our daily choices (food, sleep, exercise) have a big impact on long-term health.
- Gaming can have positive and negative side effects on our mental and physical health.
- It's important to **challenge peer pressure** around risky behaviours.
- Puberty affects **bodies, emotions, and relationships** - all in different ways.



## Living in the Wider World

Consequence	The result or effect of something happening.
Debt	Money that someone owes and has to pay back later.
In-app purchases	Things you can buy inside a game or app, like extra lives, clothes for characters, or special features.
Anti-social behaviour	Actions that upset or hurt other people, like being noisy, damaging things, or being rude in public places.
Human rights	Human rights are rights inherent to all human beings, regardless of race, gender, nationality, ethnicity.
AI Chatbot	A computer program that can talk with people by typing or speaking, and tries to answer questions.

## Relationships

Racism	When a person is treated differently because of their skin colour or ethnicity (their religion, language or culture)
Peer pressure	Doing something you feel uncomfortable about because everyone else is.
Discrimination	Discrimination is treating someone differently unfairly or worse because of what they look like, believe in or do.
Gas lighting	Gaslighting is when someone tries to make you doubt what you know is true, like your memories, feelings, or what really happened.

## Health and Wellbeing

Mental Health	A person's condition with regard to their psychological and emotional well-being.
Gambling	When you risk money or something valuable to try to win a prize - usually by chance or luck.
Social Media	Social media is a way people use apps or websites to share pictures, videos, messages, or ideas and to connect with others.

## Jack's Toolbox

### Blue Zone Tools

- Active mile
- Go Noodle
- Talking it out
- Brain break
- Lion's breath breathing

### Green Zone Tools

- Box breathing
- visual timer
- make a plan
- use secrets of success
- use talk partner
- Quiet zone to work

### Yellow Zone Tools

- Worry box or time to talk
- talk it out
- Positive talk
- Breaking tasks down

### Red Zone Tools

- Bubble breathing
- Quiet time
- Sensory room
- Calm down fidget
- talking it out