

Key facts

Authority	A person with high status and decision making power.
Conflict	A disagreement or argument.
Earn	To gain something like respect by showing others that you are a good, trustworthy person.
Grief	Feelings of sadness experienced after someone's death.
Grieving	A period of sadness that someone experiences when someone close to them dies.
Resolve	To find a solution to a problem.
Respect	Being thoughtful and polite towards other people.
Stereotype	A view or idea about something, often someone, which is often untrue.

Sometimes people might lose your respect but this can be returned if they change their behaviours.



Respect is an important part of relationships and we need to show others respect if we want them to respect us.

Stereotyping can happen when people have limited information about a person or group of people.



Stereotypes can have negative consequences but they can be challenged.



Grief is a process we go through when someone dies (or we no longer see them for another reason).

Grief is different for everyone and we might need support from other people to help us deal with it.

Getting help

Talk to an adult you trust, this could be:

- someone at school e.g. teacher
- someone at home e.g. parent or older siblings
- another relative e.g. grandparent or aunty/uncle
- someone at a club or organisation you attend e.g. sports coach

Contact: Childline

www.childline.org | 0800 1111

Calls DO NOT show on the phone bill

Conflicts can happen between people but there are strategies we can use to overcome these.



Year 6 - Health and wellbeing

Growth mindset	Believing that we can achieve things if we work hard. 'I can't do it YET!'.
Habit	A repeated action.
Qualities	The personality traits that make someone who they are.
Responsibility	Being in charge of our own actions.
Skill	The ability to do something well.
Vaccination	An injection that gives us a very mild form of the disease and allows our bodies to develop antibodies to protect us from that disease.

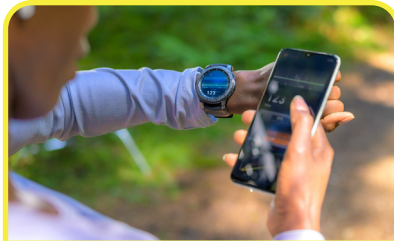
Health tips



Decide which relaxation methods work best for you.



If you notice changes in your body or you feel unwell, talk to an adult you trust or the doctor.



Using a tracker might help to start a good habit.

Getting help

If you are worried about your health, talk to an adult you trust.

As a child it is best to see a doctor with your parent and carer but you can go on your own if you are really worried about something.

Contact: Childline
www.childline.org | 0800 1111
 Calls DO NOT show on the phone bill

Key facts

We can decide what type of person we want to be and we can develop skills and qualities to achieve this.



Meditation and mindfulness can help us to relax.



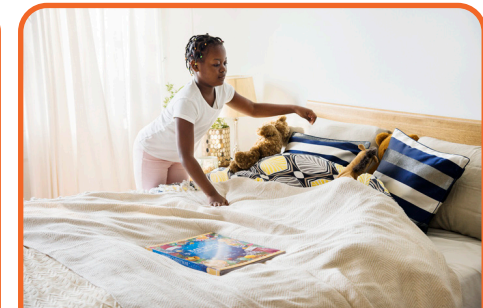
Lots of things contribute to keeping our bodies healthy including diet, exercise and sleep.

As we get older, we will make our own choices and have responsibility for our health.

There are strategies we can use to improve our resilience.



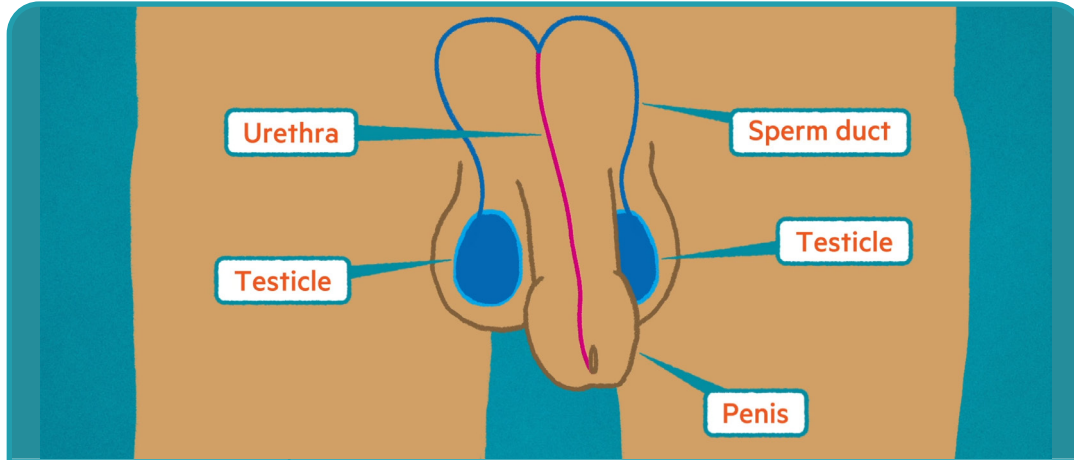
Vaccinations prevent us from getting diseases which can make us very ill or could kill us.



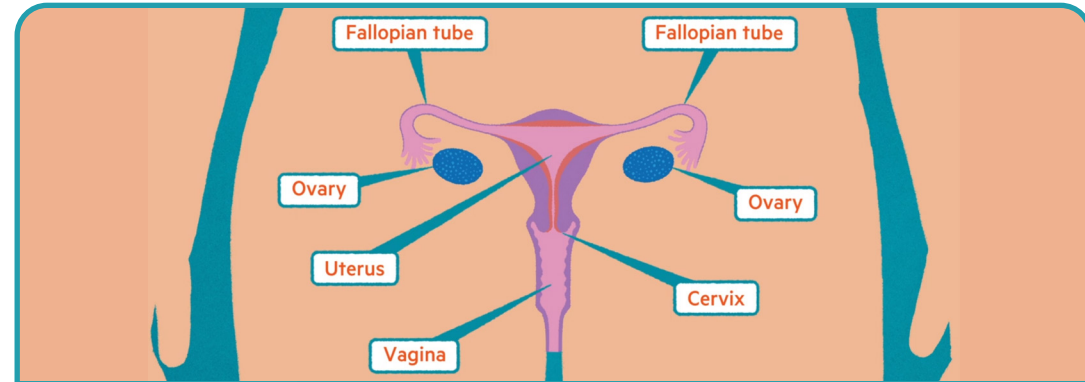
We can have good and bad habits. It can be hard to start good habits and to stop bad habits.

Year 6 - Safety and the changing body

alcohol	A drink that can cause people to become drunk which can make people lose control of their behaviour.
cyberbullying	Bullying that occurs through the internet.
internet trolling	Posting rude, inappropriate or unkind things online with the intent of upsetting others.



ejaculation	When the penis becomes erect and sperm come out of the body.
erection	When a male's penis becomes hard and upright.
penis	The male external sex organ.
scrotum	The pouch which hangs behind the male's penis and contain the testes.
sexual intercourse	Where a male inserts his penis into the female's vagina.
sperm	The male sex cell made in the testicles.
sperm duct	The tube sperm travels through.
testicles / testes	Produce sperm and male sex hormones.



conception	Another word for fertilisation.
egg / ovum	Produced by females in the ovary.
fallopian tube	The tube which connects the ovaries to the womb/uterus.
fertilisation	When a male sperm joins a female egg and a baby starts to grow.
labia	The folds of skin on the external female genitals (vulva).
menstruation / period	The shedding of the womb/uterus lining each month which causes bleeding.
nipples	On the chest of males and the breasts of females. In females, a baby can suck milk from the nipple.
ovary / ovaries	Two small organs, placed on either side of the womb, that release eggs each month.
pregnant	When a woman has a baby developing in her womb.
uterus / womb	The place in a female where a baby grows during pregnancy.
vagina	The tube inside a female which connects the womb to the outside.
vulva	The external female sex organs.

Key concepts

Adults decide if they want to drink alcohol or not.
There are risks related to drinking alcohol.

If someone is choking, we can help with back blows or tummy thrusts.

If someone is unresponsive but breathing, we should put them in the recovery position.



Respecting people online is as important as respecting them face to face.



THINK

Before sending online messages, remember:

- T** - Is it **true**?
- H** - Is it **helpful**?
- I** - Is it **inspiring**?
- N** - Is it **necessary**?
- K** - Is it **kind**?

Kapow
Primary™

Getting help

In an emergency,
call 111 or 999.

If you are worried about
something, talk to an
adult you trust.

Contact: Childline
www.childline.org | 0800 1111
Calls do not show on the phone bill



Kapow
Primary™

concern	Something that makes you feel worried or anxious.
discrimination	Treating someone differently because of certain factors.
environment	The local surroundings or place a person lives or works in.
government	The elected party who govern and make decisions for the country.
human rights	Specific rights that belong to every person.
Ministers	The Prime Minister chooses MPs to be Ministers, who are responsible for specific areas of government policy.
prejudice	Making assumptions about someone based on certain information
Prime Minister	Leads the government.
protected characteristics	Specific groups identified in the Equality Act, who are protected from discrimination by the law.
UN/United Nations	An international organisation founded in 1945 after World War 2, which aims to maintain international peace and security, human rights and better standards of living.

Human rights are for everyone and they affect our everyday lives.

The right to an education is a human right. In some countries this right is not available for everyone and people are trying to change this.

The food we choose to eat has an impact on the environment.

Individuals and governments can make changes around food to help the environment.

Prejudice and discrimination can happen for a number of reasons, such as age, sex, race or religion.

We can challenge prejudice and discrimination but we must not put ourselves in danger to do so.

The Equality Act is the law which helps to stop discrimination.

The government has Ministers who are responsible for different things, such as health and education.

We can sometimes feel concerned about certain people or issues and we can take action to help.

Year 6 - Economic Wellbeing

Career	A job in one area of work that is undertaken for a long period of time
PIN	Personal Identification Number. A private set of numbers used to access a bank account
Qualification	The skills or experience you have

There are lots of different jobs available and people usually do a job they enjoy and they are interested in.



It is a good idea to find out as much as you can about the jobs you are interested in so you can get the right qualifications and experience.

There are different ways to get the qualifications needed for jobs.

People sometimes change their career.

Key facts



People have different attitudes to money, for example some people find it easy to save and others spend everything they have.



Banks and building societies are a safe place to keep money, however we responsible for keeping our accounts secure.