

# 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

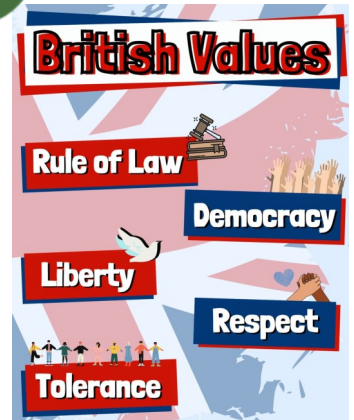
- Laws exist to protect our **rights, safety, and freedom** in society.
- Being a **citizen** means contributing positively and making responsible choices.
- You have the right to **freedom of expression**, but also a responsibility to **use it respectfully**.

#### Money and Economic Understanding

- Money can be **earned, saved, shared, and invested**.
- Financial decisions have **long-term consequences** (e.g. debt, saving).
- Being **financially responsible** means planning, budgeting, and resisting pressure to spend unnecessarily.

#### Community and Participation

- Young people can take action to make **positive change** (e.g. campaigning, fundraising).
- Everyone has a role in **protecting the environment**.
- Communities benefit from **diverse voices and active participation**.



### Relationships

#### Families and Different Relationships

- Loving, supportive relationships are based on **trust, care, and respect**.
- It's okay to feel **conflicted or emotional** about changes in family life.

#### Friendships and Respectful Relationships

- Healthy friendships are based on **mutual respect, honesty, and empathy**.
- You can **respect someone's views** even if you don't agree with them.
- 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- Consent means **freely agreeing to something** – it can be withdrawn at any time.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**, especially during change.
- Asking for help is a sign of **strength**, not weakness.
- **Strategies** like mindfulness, talking, journaling, or exercise can support your mental wellbeing.

#### Physical Health and Lifestyle

- Our daily choices (food, sleep, exercise) have a big impact on long-term 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.
Danger	The possibility that someone or something will be harmed or destroyed.
Risk	The chance that a hazard will cause harm
Hazard	Something that can cause harm
Propaganda	Information, especially of a biased or misleading nature, used to promote a political cause or point of view.
Human rights	Human rights are rights inherent to all human beings, regardless of race, gender, nationality, ethnicity, language, religion, or any other status.

## 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