

Jigsaw PSHE 11 -16 Content Overview



Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 11-12	<p>Big Question How do I fit into the world I live in?</p> <p>Identity – what makes a person? Is fitting in more important than being unique? Influences/ peer pressure That happiness is linked to being connected with others Maintaining positive relationships with people who are different to me Online identity and relationships</p>	<p>Big Question Do we need to feel 'the same as' to belong?</p> <p>Challenging prejudice and discrimination Protected characteristics Assertiveness Role of a bystander Stereotypes Bullying Assertiveness Relationship skills</p>	<p>Big Question: Can my choices affect my dreams and goals?</p> <p>Identifying personal dreams and goals Skills for the 21st century workplace Steps to achievement Managing set-backs Basic first aid in emergency situations Responsible choices and keeping safe e.g. gang culture, knife crime, coercion and exploitation, drugs and alcohol.</p>	<p>Big Question: To what extent am I responsible for my mental and physical health?</p> <p>Recognising and describing emotions Strategies for positivity Managing stress Link between mental health and activity Taking responsibility for health Substances and their effects Nutrition Vaccinations Sleep</p>	<p>Big Question: What can make a relationship healthy or unhealthy?</p> <p>Identifying my relationships Values and qualities in healthy relationships Relationship change Managing my responses to keep my relationships healthy and safe Discernment Media portrayal of relationships Assertiveness Sexting Rights and responsibilities (including consent)</p>	<p>Big Question: What changes are happening to prepare me for adulthood?</p> <p>Puberty and body development (Re-cap from primary) Conception and childbirth (Re-cap from primary) Choices with pregnancy (IVF, surrogacy, contraception) Different types of parenting and families Self and body-image FGM, breast ironing Brain changes in adolescence Emotional changes in adolescence</p>
Ages 12-13	<p>Big Question Can I choose how I fit into the world?</p> <p>How have I changed? Planning for the year ahead Family, what does that mean to me? Different types of committed stable relationships Does my family influence me? Active listening Stereotyping (in families) What do I choose to 'hear' about myself? Faith and beliefs Cultural diversity</p>	<p>Big Question How different are we really?</p> <p>Recognising similarities Prejudice and discrimination Protected characteristics Social injustice and inequality Hate crime Making a positive contribution to community Making a difference and links to wellbeing Blood and organ donation</p>	<p>Big Question: Can the choices I make now influence my future?</p> <p>Short-, medium- and long-term goals Resilience Employability skills Career choices My online 'footprint' Budgeting Debt Gambling inc links to mental health Positive/negative role of money in society inc links to mental health</p>	<p>Big Question: Can I become more responsible for my health and happiness?</p> <p>Taking personal responsibility for health Stress triggers Managing stress Substances and their effects Drug supply and possession County lines/exploitation/gang culture Role of medicines and vaccines Dental health</p>	<p>Big Question Because I'm worth it...or am I?</p> <p>Relationship with self Negative self-thoughts Body-image including online and in media Competing relationships and how to manage these demands Personal space inc online Media portrayal of relationships Media manipulation Components of positive relationships Personal space Social media and online safety Illegal aspects of social media Recognising negative relationships and skills to manage them</p>	<p>Big Question: What factors can make an intimate relationship happy and healthy?</p> <p>Boyfriends and girlfriends Different types of committed stable and loving relationships/partnerships Positive aspects of healthy intimate relationships Negative factors that can make an intimate relationship unhealthy e.g. power and control/STIs Choosing to 'come out' Pornography Alcohol and relationships Accessing support</p>
Ages 13-14	<p>Big Question To what extent does the world I live in affect my identity?</p> <p>Personal identity and intimate relationships Peer approval Social media Self-identity Perceptions/misperceptions e.g. sexual exploitation, grooming, risk within sexual relationships, consent, risky experimentation</p>	<p>Big Question Is being different a good thing?</p> <p>Sexism and homophobia Perception of others Positive and negative language, banter and verbal bullying Types of bullying Recognising prejudice Stereotyping</p>	<p>Big Question Who do I dream of becoming?</p> <p>Personal strengths and weaknesses SMART planning Mental health and body image. a self-esteem; Recognising mental ill-health self-harm & suicide, eating disorders, depression, anxiety pressure (peep, online, media) Maintaining mental health. Accessing mental health support</p>	<p>Big Question How can substances impact on wellbeing?</p> <p>What does the media say about teenagers? Dental health Alcohol and decision making Drugs and decision making Emergency first-aid Substances and mental health</p>	<p>Big Question Is choice important within intimate relationships?</p> <p>Power and control in relationships Consent and assertiveness Contraception Sexually Transmitted Infections Am I normal? Common concerns around adolescence</p>	<p>Big Question How can change affect mental health?</p> <p>Changing perceptions and opinions Mental health Common mental health issues Skills for change and 'pressure' Adapting to change Self-reflection and evaluation Transition (to next year group) Sleep</p>

<p>Ages 14-15</p>	<p>Big Question: Is managing my on-line and off-line world within my control?</p> <p>Freedom and safety Safe relationships Online safety and cultural norms Personal safety with technology Staying safe off line Managing threats to safety in the wider world</p>	<p>Big Question: Does everyone in society have the right to equality?</p> <p>What does equality mean to me? Equality in the workplace Equality in society Equality in relationships Equality and vulnerable groups Power and control</p>	<p>Big Question: Is success only possible when physical and emotional needs are in balance?</p> <p>Dreams for myself and the world; balance and perspective, relationships and community. Jobs - legislation around work for young people Managing setbacks/ resilience building Planning for success</p>	<p>Big Question: When it comes to health to what extent am I in control?</p> <p>Physical health; screening, vaccination, personal hygiene. Health MOT Achieving mental health Threats to health e.g. addiction, substance and alcohol use, lifestyle choices, loneliness, diseases, cancer, heart disease, infection</p>	<p>Big Question Is love all you need?</p> <p>What makes a happy relationship Parenting relationships Relationship breakdown Social influences on relationships, e.g. stereotypes, pornography, media, peer perception Friendships and peer support and connectedness Challenging relationships, e.g. domestic abuse, coercive relationships, exploitation</p>	<p>Big Question Can all change be positive in some way?</p> <p>How does social change affect me? Managing relationship changes e.g. loss, bereavement, break-ups, blended families, divorce Gender identity Spectrum of sexuality Managing the challenges in the year ahead</p>
<p>Ages 15-16</p>	<p>Big Question: Are we in the adult world at 16?</p> <p>Entering the adult world Ok at 16, Legislation affecting 16-year olds Managing adult on-line relationships Emergency response, e.g. medical emergency, drugs, alcohol, diabetes, allergies, head injury</p>	<p>Big Question Can I rely on myself to achieve my goals or do I need luck or destiny ?</p> <p>Dreams and goals including; financial, jobs, relationships (e.g. marriage, parenting) Resilience Contingency planning</p>	<p>Big Question: Should relationships, sex and sexual health be discussed more openly?</p> <p>Healthy attitudes on sexual relationships including; body image, choices and consequences. (e.g. pregnancy, being a young parent, termination choices, protected sex, delay etc)</p> <p>Communication about relationships, sex and sexual health</p> <p>Exam preparation and concentration, sleep, stress, relaxation.</p>	<p>Big Question: Without sufficient knowledge can we avoid misuse of power in our relationships?</p> <p>Sexuality spectrum Respect and equality in relationships (recognising conflicts and power-based relationships) Individuality in relationships Stages of relationships Sexual relationship checklist Gender/honour based violence FGM</p>		