

Snapshot Jigsaw PSHE 11-16



(Updated September 2023)

Shows the summary of subject content in each Puzzle (unit)

Year / Age	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 7 (11-12)	<p>Unique me, differences & conflict.</p> <p>My influences, gateway emotions, belonging to a group, peer pressure, child on child abuse.</p> <p>Online safety, sexting, consequences, online legislation</p>	<p>Bullying, prejudice & discrimination (positive and negative)</p> <p>Equality Act, bystanders, stereotyping, challenging influences, negative behaviour and attitudes, assertiveness</p>	<p>Celebrating success, identifying goals, employment, learning from mistakes, overcoming challenges, planning skills.</p> <p>Safe & unsafe choices, substances, gangs, knives, exploitation.</p> <p>Emergency first aid</p>	<p>Stress and anxiety, managing mental health, physical activity and mental health.</p> <p>Effects of substances, legal consequences.</p> <p>Nutrition and sleep.</p> <p>Vaccination, importance of information on making health choices</p>	<p>Characteristics of healthy relationships, consent.</p> <p>Relationships and change, emotions within friendships, child on child abuse.</p> <p>Rights and responsibilities, being discerning, assertiveness, sexting</p>	<p>Puberty changes, Reproduction facts, FGM, breast flattening/ironing.</p> <p>Responsibilities of parenthood, IVF, types of committed relationships.</p> <p>Media and self-esteem, self-image, brain changes in puberty, factors affecting moods, sources of help and support</p>
Year 8 (12-13)	<p>Self-identity, influences, family and identity.</p> <p>Stereotypes, personal beliefs and judgements.</p> <p>Managing expectations, first impressions, respect for the beliefs of others.</p> <p>Marriage, protected characteristics.</p> <p>Active listening</p>	<p>Positive change made by others, how positive behaviour affects feelings of wellbeing.</p> <p>Social injustice, inequality, community cohesion and support, multi-culturalism, diversity, race and religion.</p> <p>Stereotypes, prejudice, LGBT+ bullying, child on child abuse, hate crimes.</p> <p>Fear & emotions, stand up to bullying, the golden rule. Organ and blood donation</p>	<p>Long-term goals, skills, qualifications, careers, Money and happiness.</p> <p>Ethics and mental wellbeing, budgeting, variation in income, positive and negative impact of money.</p> <p>Online safety and legal responsibilities, gambling issues.</p>	<p>Long-term physical health, responsibility for own health. Dental health, stress triggers and help tips, substances and mood.</p> <p>Legislation associated with substances, exploitation and substances, county lines.</p> <p>Medicine and vaccinations.</p>	<p>Positive relationship with self, social media and relationship with self, negative self-talk.</p> <p>Managing a range of relationships, child on child abuse, personal space.</p> <p>Online etiquette, online privacy, bullying and personal safety.</p> <p>Social media issues and the law, coercion, unhealthy balance of power in relationships, sources of support</p>	<p>Types of close intimate relationships, physical attraction, love.</p> <p>Legal status of relationships, behaviours in healthy and unhealthy romantic relationships, pornography, sexuality, alcohol and risky behaviour</p>
Year 9 (13-14)	<p>Perceptions about intimate relationships, consent.</p> <p>Sexual exploitation, peer approval, child on child abuse, grooming, radicalization, county lines.</p> <p>Risky experimentation, positive and negative self-identity, groups, influences, social media.</p> <p>Abuse and coercion, coercive control.</p>	<p>Protected characteristics, Equality Act, phobic and racist language.</p> <p>Legal consequences of bullying and hate crime, sexism, ageism, positive and negative language, banter, child on child abuse, bullying in the workplace.</p> <p>Direct and indirect discrimination, harassment, victimisation.</p> <p>Prejudice, discrimination and stereotyping</p>	<p>Personal strengths, health goals, SMART planning.</p> <p>The world of work.</p> <p>Links between body image and mental health.</p> <p>Non-financial dreams and goals.</p> <p>Mental health and ill health, media manipulation, self-harm, self-esteem, stigma, anxiety disorders, eating disorders, depression.</p>	<p>Misperceptions about young peoples' health choices, physical and psychological effects of drugs and alcohol.</p> <p>Alcohol and the law, alcohol and drug poisoning, addiction, smoking, vaping, drug classification, supply and possession legislation.</p> <p>Emergency situations, first aid, CPR, substances and safety, sources of advice and support</p>	<p>Healthy relationships, power and control in intimate relationships, risk in intimate relationships, importance of sexual consent, assertiveness skills, sex and the law, pornography and stereotypes, contraception choices, age of consent, family planning, consequences of unprotected sex, STIs, support and advice services</p>	<p>Mental health stigma, triggers, support strategies, managing emotional changes, resilience and how to improve it, reflection on importance of sleep in relation to mental health, reflection on changes, benefits of relaxation</p>

<p>Year 10 (14-15)</p>	<p>Human rights, societal freedom, understanding safety in UK and beyond. Ending relationships safely, stages of grief, loss and bereavement. Social media and culture, use of online data, threats to online safety, online identity. Assessing and managing risk, the law and social media. Positive and negative relationships</p>	<p>Equality in the workplace, in society, in relationships, Equality act 2010, vulnerable groups including disability and hidden disability, workplace expectations, rights and responsibilities, power and control in relationships, coercive control, benefits of multi-cultural societies, Equity equality and inequality, my health.</p>	<p>Impact of physical health in reaching goals, relationships and reaching goals. Resilience, work-life balance, connections and impact of mental health. Balanced diet, vital organs, blood donation, benefits of helping others. Online profile and impact on future goals and employability.</p>	<p>Improving health, mental health, sexual health, blood-borne infections, self examination. Diet and long term health, misuse of prescription drugs, substances and the body. Common mental health disorders, positive impact of volunteering. Common threats to health including chronic disease. Epidemics, misuse of antibiotics, organ donation, stem cells</p>	<p>Sustaining long-term relationships, intimacy, healthy relationship with self, attraction, love, lust. Relationship choices, ending relationships safely, consequences of relationships ending e.g bullying, child on child abuse, revenge porn, grief cycle, impact on family. Understanding love, fake news, pornography.</p>	<p>Impact of societal change on young people, role of media on societal change, reflection on change so far and how to manage it successfully. Decision-making, sexual identity, gender, spectrum of sexuality. Stereotypes in romantic relationships, sexual identity and risk, physical and emotional changes, family change, sources of support.</p>
<p>Year 11 (15-16)</p>	<p>Becoming an adult. Age limits and the law relationships and the law, consent, coercive control, child on child abuse, domestic abuse, honour-based, violence, arranged and forced marriages The Equality Act 2010. The law on internet use and pornography, social media concerns, sexting keeping safe. Emergency situations, key advice, first aid, scenarios and consequences</p>		<p>Anxiety, solution focused thinking, sleep, relaxation, aspiration on; career, finances, budgeting, borrowing, relationships. Skills identification, realistic goals, gambling, financial pressure, debt, dream jobs, skills set, employment, education and training options. Long term relationship dreams and goals, parenting skills and challenges. Resilience, what to do when things go wrong.</p>	<p>Managing anxiety and stress, exam pressure, concentration strategies, work-life balance. Sexual health, hygiene, self examination. STIs, sexual pressure, fertility issues, contraception, consent. Pregnancy choices including; adoption, abortion, bringing up a baby, financial implications. Identifying a range of risks including rape and strategies for staying safe. Expectations in relationships</p>	<p>Stages of intimate relationships, positive and negative connotations of sex. Spectrum of gender and sexuality, LGBT right and protection under the Equality Act, coming out challenges, LGBT media stereotypes. Child on child abuse, power control and sexual experimentation. Forced marriage, honour based violence, FGM and other abuses, hate crime, sources of support.</p>	