



Snapshot by Puzzle and Piece Jigsaw PSHE 11-16

(September 2023)

Age 11-12	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1	Who am I?, fitting in	Prejudice, discrimination, assertiveness, what's important to you?	My dreams and goals, achievement and failure	Stress, managing emotions, tips to combat stress and anxiety, mindfulness	Relationship with self, consent, change, healthy relationships	Reproduction facts, puberty, FGM, breast ironing, changes and how I feel about them
2	Influences and influencers, gateway emotions	Who influence you?, ethical issues, changing attitudes	Key skills needed for the future, what skills would I like to develop	Nutrition, exercise, mental health, using food and exercise to support mental health and wellbeing	Healthy relationships and support	Responsibilities of having a baby, pregnancy and birth, IVF
3	Peer pressure, belonging, peer-on-peer abuse	Stereotypes and examples	Learning from mistakes, setbacks	What is sleep? How sleep cycles work, sleep and mood, health, and memory, supporting good sleep	Emotions in relationships, scenarios	Effective parenting skills, pet care, is it ok to not want kids?, UN Children's rights
4	Online identity, risks and tips to keep safe, peer-on-peer abuse	Challenging discrimination, protected characteristics and equality act	Influences, consequences of decisions, how could I positively affect my future?	Stress, effects of stress on the body, recovering from a state of stress, combatting stress with mindfulness and movement	Happy families, discernment, authenticity	Media and image, cosmetic surgery, avatars, self-esteem
5	Consequence of online comments, sexting, peer-on-peer abuse	Bullying, why be a bully?, Would you intervene?, peer-on-peer abuse	Child criminal exploitation, gangs, bystander, emergency aid	Health choices, physical illness and medicine, vaccination, substance misuse	Assertiveness, rights and responsibilities, sexting, peer-on-peer abuse consequences	Emotions and moods, factors affecting mood like food, exercise, sleep, hormones, the brain
6	Online safety	Inclusion or exclusion, importance of being included	Control over your life	Working together to improve well-being, mindful movement	Discernment, authenticity	Becoming an adult recap



Age 12-13	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1	Who am I?, influences, uniqueness of me	Anne Frank, celebrating similarity, fear, racial and religious prejudice, hate crime, examples	Short, medium & long-term goals, flexibility, employability skills, grit	Different types of health, nutrition and exercise, cardiovascular health and disease, diabetes	Relationship with self, social media self-image	Intimate relationships, me and my relationships, attraction, healthy and unhealthy relationships, peer-on-peer abuse
2	Family, definitions, community living	Social injustice, inequality, causes, benefits of multi culturalism	Money impact, positives and negatives, what can't be bought?	Perceived risk and actual risk, illegal substance use risks, legal substances use risks	Pressures of different relationships, freedom and control	What makes a good relationship?
3	Family expectations, active listening, roles within the family (i.e., firstborn etc)	Religion in decline?, positives, fundamentalism, stereotypes, celebrating diversity	Online safety – digital footprint, impact on career	Habits for a healthy lifestyle, dental health, how to see a dentist, skin health and sunscreen	Privacy, personal space, invasion of privacy, paparazzi and celebrity	Me and my relationships, attraction, love or crush?
4	First impressions, influences on our identity, self-image, be positive	Bullying, the law, types of bullying, LGBT+, emotional, peer-on-peer abuse consequences, get involved, golden rule	Money, wages and career goals, what affects your earning potential, budgeting	Vaccination, UK vaccination program Does vaccination work, herd immunity, Covid 19 vaccination and social responsibility	Good relationship, control, anti-bullying, power, coercion, peer-on-peer abuse	Pornography, art?, is it ok for adults to look at porn?, age limits, is porn real?, peer-on-peer abuse
5	Marriage and the law, beliefs and religions, protected characteristics, respect	Making a positive contribution, making a stand, Malala, what matters to you?	Weekly costs, debt, gambling, emotions linked to too much/little money	Peer pressure, the changing teenage brain, risks in social situations, social risk and substance misuse	Social media, safety tips, laws, trolling, peer-on-peer abuse, employer's rights to access	Alcohol, the law, effects of alcohol, scenarios
6	Being unique, expectations, managing them	Is it only the rich that can change the world?, Charles Drew, How can I make a difference? Issues and traits needed, organ/ blood donation	Gambling issues and support	Interactive play and well-being choices	Healthy relationships and control	Can a relationship be honest and real as well as exciting and fun?



Age 13-14	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1	Groups, being me in a group, peer v friendship, conflict or celebration, child-on-child abuse	Prejudice, discrimination, protected characteristics and equality act, banter, peer-on-peer abuse, law and bullying, schools, hate crime	Personal strengths, health goals	Teenage brain development, three 'ways of thinking', changing social and physical environment during teenage years, physical health recap, the brain, learning and memory	Positive and negative impact of relationships	Mental health and well-being, anxiety, OCD, phobias, depression, being supportive, challenging stigma
2	Relationships, expectations and perceptions, love or abuse?, coercive control, child-on-child abuse	LGBT+ rights in the workplace, challenging negative attitudes, why do people judge?	Importance of planning, career options, world of work, choices	Protecting the brain from risks such as alcohol, smoking, vaping, illegal drugs. County lines REAL link (optional)	Top 10 tips for healthy relationships, power, peer-on-peer abuse	Change, reactions and responses to change, resilience
3	Peer approval, managing personal relationships, child-on-child abuse, damaging relationships, grooming, county lines, radicalisation	Power of positive and negative language, being understood, banter or verbal bullying, peer-on-peer abuse	Happiness pressure, being happy	Windows of development, decision making, physical and mental health decisions	Attraction (body), Pornography and the law, how real is pornography?	Sleep facts and needs, How to sleep better, benefits of relaxing
4	Self-identity, influences, social groups, social media, risks and experimentation	Types of bullying including online effects on mental health, self-awareness, anti-bullying strategy, peer-on-peer abuse	Mental health and ill-health, causes, support, stigma	Emergency situations, Life saving skills (link with Resuscitation Council UK interactive lesson)	Starting a family?, Sex and the law, Age of consent, contraceptive choices	Resilience, dealing with obstacles, tips on developing resilience
5	Positive and negative self-identity, fitting in (leading to crime?) risks, consent, perception, misperception	Diversity, discrimination, protected characteristics, EQ act, equality, prejudice and stereotyping, ageism, protecting against discrimination	Media manipulation & fake news, effects on mental health, self-esteem	Mental health first aid, self care, being a good listener, helping someone with mental health difficulties, where to find mental health support	Consequences of unprotected sex, physical and emotional	Changing and growing, impact on body and mind
6	Perception, misperception	Prejudice and stereotyping, ageism, protecting against discrimination	Mental well-being strategies	Role play conversation, fitting in and taking risks	Age of consent	Dealing with change



Age 14-15	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1	Freedom, human rights & act, safety, violations	Hidden disability, examples, challenges for those affected, protected characteristics, EQ act, equality	Important relationships, resilience & how to develop it	My health MOT, top tips for health, adopting healthy habits	My relationships, self, love?, lust?, attraction, attachment	Societal change, how will it affect me?, social media and social change, save the environment
2	Grief cycle, loss, responses to loss, support	Workplace expectations and disability, promoting equality, fair pay, rights and responsibilities	Physical and mental health, MH tips	Cardiovascular disease, diabetes, cancer, breast cancer and risk factors, breast checking, skin cancer and SPF, substance misuse and physical health	Pressures of different relationships, freedom and control	What makes a good relationship?
3	Family expectations, active listening, roles within the family (i.e., firstborn etc)	Religion in decline?, positives, fundamentalism, stereotypes, celebrating diversity	Online safety – digital footprint, impact on career	Habits for a healthy lifestyle, dental health, how to see a dentist, skin health and sunscreen	Privacy, personal space, invasion of privacy, paparazzi and celebrity	Me and my relationships, attraction, love or crush?
4	First impressions, influences on our identity, self-image, be positive	Bullying, the law, types of bullying, LGBT+, emotional, peer-on-peer abuse consequences, get involved, golden rule	Money, wages and career goals, what affects your earning potential, budgeting	Vaccination, UK vaccination program Does vaccination work, herd immunity, Covid 19 vaccination and social responsibility	Good relationship, control, anti-bullying, power, coercion, peer-on-peer abuse	Pornography, art?, is it ok for adults to look at porn?, age limits, is porn real?, peer-on-peer abuse
5	Marriage and the law, beliefs and religions, protected characteristics, respect	Making a positive contribution, making a stand, Malala, what matters to you?	Weekly costs, debt, gambling, emotions linked to too much/little money	Peer pressure, the changing teenage brain, risks in social situations, social risk and substance misuse	Social media, safety tips, laws, trolling, peer-on-peer abuse, employer's rights to access	Alcohol, the law, effects of alcohol, scenarios
6	Being unique, expectations, managing them	Is it only the rich that can change the world?, Charles Drew, How can I make a difference? Issues and traits needed, organ/blood donation	Gambling issues and support	Interactive play and well-being choices	Healthy relationships and control	Can a relationship be honest and real as well as exciting and fun?



Age 15-16	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1	Pros and cons of becoming an adult, age limits	N/A	Anxiety & effects, tips, solution-based thinking, sleep needs and advice, benefits of relaxing	Self worth and identity, changing identity as a teenager, positive role models, sleep, sleep, devices and mental health, nutrition and exercise	Intimate romantic relationships, scenarios, sex perceptions, Are you ready for sex?, peer-on-peer abuse	N/A
2	Relationships and the law, marriage and alternatives, consent, advice on sexual health, coercive control, domestic abuse, 'honour-based violence', peer-on-peer abuse, arranged/forced marriage	N/A	Money, work, debt, gambling, employment, types of employment e.g., self-employed, employee, zero hours, financial goals, budgeting, credit cards	Relationships and consent, being ready for sex, coercion, sexual harassment, sexual violence	LGBT+, gender and sexuality spectrums	N/A
3	Equality Act, coercive control, domestic abuse, violence in relationships, teen dating violence, peer-on-peer abuse	N/A	Jobs in the future, dream job, managing your skillset, employment opportunities	Hormonal health, puberty, hormones and fertility, female infertility, male infertility, protecting fertility, testicle checking, menstrual cycle, IVF	Perceptions of LGBT+, timeline, Do's and Don'ts of coming out	N/A
4	Self-review, online law and safety, including pornography and gambling, misuse of mobile phones, sexting, peer-on-peer abuse	N/A	Intimate relationships, parenting	Contraceptives and sexual health, emergency contraception	Balance of power in relationships, case studies, peer-on-peer abuse	N/A
5	Being an adult, keeping safe, emergency situations, advice and support, first aid, scenarios	N/A	Barriers to D&G, when things go wrong, resilience	Pregnancy and choice, what is a pregnancy?, Knowing if you are pregnant, keeping a baby, abortion, adoption.	My body my choice, breast ironing and FGM, 'honour-based violence', forced marriage, law, LGBT+ hate crime	N/A
6	Situations and consequences	N/A	Can technology help us reach our goals?	Mutual respect in intimate relationships	Being you in a relationship	N/A