



Snapshot by Puzzle and Piece Jigsaw PSHE 11-16

(September 2024)

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, achievements and failures	Managing emotions, tips to combat stress and anxiety, mindfulness	Relationship with self, consent, change, healthy relationships	Puberty, how these changes affect emotions and feelings, menstrual cycle
2	Influences and influencers, gateway emotions	Who influences 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, child-on-child 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, managing conflict within friendship groups	UN Children's rights, factors to consider when choosing whether to have/or not have a child, different types of families
4	Online identity, risks and tips to keep safe	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	Discernment, social media vs real life, fake news, authenticity	Body image, media and filters, self-esteem, body confidence
5	Consequences of online comments, sexting, child-on-child abuse	Bullying, why be a bully?, Would you intervene?, child-on-child abuse	Child criminal exploitation, gangs, county lines	Health choices, physical illness and medicine, vaccination, substance misuse	Assertiveness, rights and responsibilities, sexting, child-on-child abuse	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 (<i>Piece 7 includes an optional lesson on first aid</i>)	Working together to improve well-being, mindful movement	Healthier and less healthy relationships	Becoming an adult



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	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, healthier and less healthy relationships
2	Family, definitions, community living	Social injustice, inequality, causes, benefits of multi culturalism, what is racist or religious hate crime?	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 healthier relationship (friendship or romantic)?
3	Family expectations, active listening, roles within the family (i.e. stereotypes, firstborn etc.)	Religion in decline?, fundamentalism, stereotypes, celebrating diversity, positive aspects of religion	Online safety – digital footprint, impact on career	Habits for a healthy lifestyle, dental health, how to see a dentist, skin health and sunscreen	Personal space, mindfulness, introvert/extrovert, setting boundaries	Me and my relationships, attraction, love or crush?
4	First impressions, managing influences on our identity, self-image, be positive	Bullying, the law, types of bullying, LGBT+, get involved, golden rule, child-on-child abuse consequences	Money, wages and career goals, what affects your earning potential, budgeting	Vaccination, UK vaccination programme, Does vaccination work?, herd immunity, Covid 19 vaccination and social responsibility	Knife crime and the law, imbalance of power in relationships, coercive behaviour, positive futures	Pornography and the law, dealing with unwanted messages
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, sharing information online, personal data, employer's rights to access	Alcohol, the law, effects of alcohol, scenarios
6	Being unique, expectations, managing them, online and offline identity	Is it only the rich that can change the world?, Charles Drew, How can I make a difference?, taking positive action	Gambling issues and support	Interactive play and well-being choices	Neurodiversity, being aware of senses	A summary of recognising healthier and less healthy relationship characteristics



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, child-on-child 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, imbalance and equality in relationships, peer pressure	Mental health, dopamine, addiction, substances
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)	Self-worth, consent, assertiveness skills, assertive body language	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	Happiness pressure, being happy, cosmetic procedures, appearance	Windows of development, decision making, physical and mental health decisions	Pornography and the law, how real is pornography?, effects of porn	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	Mental health and ill-health, causes, support, stigma	Emergency situations, life saving skills (link with Resuscitation Council UK interactive lesson)	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, prejudice and stereotyping, 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, (pregnancy, STIs), contraceptive choices, worries surrounding intimacy	Self-expression, influences, body image, choices
6	Perception, misperception	Prejudice and stereotyping, 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, Equality Act	Important relationships, resilience & how to develop it	My health MOT, top tips for health, adopting healthy habits	Long term relationships, love, lust, attachment, types of attraction, good relationship with self	Societal change, how will it affect me?, social media and social change, supporting the environment
2	Grief cycle, loss, responses to loss, support	Equality act in the workplace, rights and responsibilities, promoting equality	My future goals, physical and mental health and how they may impact future goals, looking after mental health	Cardiovascular disease, diabetes, cancer, breast cancer and risk factors, breast checking, skin cancer and SPF, substance misuse and physical health	Relationship life-cycles, ending a relationship, toxic relationships, managing a break up and rejection	Managing change, decision making
3	Social media - pros and cons, algorithms, managing screen time and exposure	What makes a society, agree to disagree, multiculturalism, equality in society	Work/life balance, success, social media and potential impact on career	Mental health, mental health disorders, seeking help, substance abuse and mental health,	Types of intimacy in a relationship, attraction, long term relationships, acceptable and unacceptable behaviours	Gaining independence, personal safety, cycling, water safety, public transport, alcohol
4	Online identity, sharing/ enhancing images and the law, netiquette	Imbalance of power in relationships, coercion, equity, equality	Achieving life balance, self care	Sex, STIs, STI transmission, STI rates and data, testing for STIs, HIV/AIDS, HIV around the world	Relationships and the media, discernment, pornography vs real life, how does pornography affect relationships	Gender stereotypes, sexuality stereotypes, marriage stereotypes, maintaining values in a relationship
5	Personal data and risk, GDPR, social media and data collection, where to find help with online activity	Equality/ inequality, groups or individuals that may be treated unfairly in society, challenging inequality	Health goals, looking after others, blood and organ donation	Safer sex contraception, hormonal contraception vs barrier methods of contraception, menstrual cycle, where to get contraceptives	Healthier and less healthy behaviours in a relationship, coercion, abuse and the law	Reflecting on physical and emotional changes, family changes, managing change, self esteem, influences
6	Different types of relationships, strategies for managing relationships on and offline	Health and life chances, healthcare systems	Developing resilience, achieving goals	Actions to support good physical and mental health	Healthy relationships and control	Responses to positive and negative change, choices, self-esteem



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?	N/A
2	Relationships and the law, marriage and alternatives, consent, advice on sexual health, coercive control, domestic abuse, 'honour-based violence', 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	Equality act, gender, gender diversity, sexuality LGBT+	N/A
3	Equality Act, coercive control, county lines, possession of drugs, identify ways to keep safe	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	
4	Self-review, online law and safety, including pornography and gambling, misuse of mobile phones, sexting, child-on-child abuse	N/A	Intimate relationships, parenting, marriage and civil partnerships	Contraceptives and sexual health, emergency contraception	Balance of power in relationships, case studies, child-on-child 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, challenging harmful social or cultural norms	N/A
6	Situations and consequences	N/A	Can technology help us reach our goals?	Summary of ways you can be healthy mentally, physically and sexually, healthy choices	Being you in a relationship, staying true to yourself	N/A