



# Snapshot by Puzzle and Piece Jigsaw PSHE 11-16

(October 2021)

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, effects, tips to combat strips, serotonin	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	Stress situations, physical reactions, exercise helps to relieve stress	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	Substances, legal and illegal, classification, law	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?	Balanced diet, eating healthily, sleep and exercise benefits	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	Illness, treatment, vaccinations, medicines	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	Loneliness, 5 ways to well- being	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, my health and responsibility, health tips, vaccinations, dental etc	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?	Stressful situations and triggers	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	Substance effects on the body and mind	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	Substance misuse and the law, county lines, exploitation of young people	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	Disease, herd immunity, medicines, vaccinations	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	Substances, pros and cons	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	Relationships, expectations and perceptions, love or abuse?, coercive control, Peer-on-Peer abuse	Prejudice, discrimination, protected characteristics and equality act, banter, Peer-on-Peer abuse, law and bullying, schools, hate crime	Personal strengths, health goals	Media misperceptions of youth, Greta Thunberg, making good lifestyle choices	Positive and negative impact of relationships,	Mental health and well-being, anxiety, OCD, phobias, depression, being supportive, challenging stigma
2	Peer approval, managing personal relationships, Peer-on-Peer abuse, damaging relationships, grooming, county lines, radicalisation	LGBT+ rights in the workplace, challenging negative attitudes, why do people judge?	Importance of planning, career options, world of work, choices	Alcohol, effects on the body, the law, risks	Top 10 tips for healthy relationships, power, Peer-on-Peer abuse	Change, reactions and responses to change, resilience
3	Self-identity, influences, social groups, social media, risks and experimentation	Power of positive and negative language, being understood, banter or verbal bullying, Peer-on-Peer abuse	Happiness pressure, being happy	Substances including nicotine and cannabis, vaping, effects of illegal drugs, classification, support	Attraction (body), Pornography and the law, how real is pornography?	Sleep facts and needs, How to sleep better, benefits of relaxing,
4	Groups, being me in a group, peer v friendship, conflict or celebration, Peer-on-Peer abuse	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, alcohol poisoning, recovery position	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	Diversity, discrimination, protected characteristics, EQ act, Equality	Media manipulation & fake news, effects on mental health, self-esteem	Drug effects, why use them?, risks, addiction, 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	Reasons for using substances	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	Mental health issues	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	Protecting long-term health, balance, health tips	Relationship life cycles, grief, ending relationships and consequences	Change and growth, positive and negative change, decision making and influences
3	Online data use, pros and cons of social media	What makes a society?, agree to disagree, Multi-cultural societies,	Success and problems with chasing it, issues which could impact on future success, work/life balance, social media & employers, Social Media consequences	Body facts, substances and the body, prescribed drugs & safety	Intimate healthy relationships, types of long-term relationships, connectedness & expectations	Male and female traits/ stereotypes?, gender and sexual identity, Peer-on-Peer abuse definitions, understanding gender issues, it's good to be you
4	Netiquette, online laws, safety threats, Peer-on-Peer abuse,	Equal and unequal relationships, balance of power, coercive control and support, Equity and equality World of work	Balance - diet, work/life - benefits of balance	Mental health disorders, anxiety, OCD, depression, eating disorders, support, treatment, triggers, caring and volunteering	Pornography timeline, risks, harms and myths, Peer-on-Peer abuse, Reality TV relationships	Gender stereotypes, how can we reduce stereotypes? Law and stereotypes, safe and unsafe relationship expectations
5	Online ratings	Equality and inequality, Types of inequality in society and the effects, fighting inequality uk and world, campaigns	Goals, health goals, body, looking after ourselves and others, blood donation	Health, CV disease, Cancer, diabetes, steps to being healthy, epidemics etc, organ donation and stem cell therapy	Healthy and unhealthy behaviours, abuse & coercion, Peer-on-Peer abuse, ideal partner	Physical and emotional changes that have happened to you, change scenarios, self-esteem, family change, managing change, support
6	Different types of relationships, positive elements	Health and life chances, healthy standard of living, free healthcare	Steps to success, resilience toolkit	STIs, risks and keeping healthy	Relationships - are they too difficult?	Everything changes



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	Sleep, exam prep, eat well	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	STIs and risks, being healthy and looking after your health, condoms, breast and testicle self-examination	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	Sex, Are you ready?, consent, Peer-on-Peer abuse	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	Fertility and pregnancy, pregnancy choices including Abortion, pregnancy myths, bringing up a baby, financial implications	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	Intimate relationships, abuse, rape culture, Peer-on-Peer abuse	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