



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