



Being Me In My World Puzzle Map - Ages 13-14

Big Question: To what extent does the world I live in affect my identity?

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	Resources
1. Expectations and perceptions of relationships	I understand that different people have different expectations of intimate relationships and know how to access support if worried about a relationship issue	I have an understanding of my own expectations of intimate relationships	Jigsaw Chime Jigsaw Charter PowerPoint slides 'The Situation' Assessment / reflection sheets What's OK? – card sort www.youtube.com/watch?v=a9ZNV9a9N3M www.youtube.com/watch?v=1L6HB97lbrQ Don't confuse love an abuse confuse (2.45) Jigsaw Journals
2. Peer Approval	I can explain peer approval and how it can cause problems I can describe what grooming is and give examples	I have strategies to help me manage my peer group relationships	Jigsaw Chime Jigsaw Charter PowerPoint slides www.nspcc.org.uk www.childrenssociety.org.uk Jigsaw Journals
3. 'Family Factors'	I can suggest links between risky behaviour choices and the influence of social groups I know that I can accept or reject influences	I know where to access help and advice if I am concerned about a risky situation in my life	Jigsaw Chime Jigsaw Charter PowerPoint slides www.childrenssociety.org.uk Jigsaw Journals



Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	Resources
4. Being 'me' in a group	<p>I can identify differences between myself and others in my social groups</p> <p>I can explain how differences can be a source of conflict or a reason to celebrate</p>	<p>I can manage differences of opinion within my social groups to maintain positive and safe relationships</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p>UK Youth charity website</p> <p>Jigsaw Journals</p>
5. Consent	<p>I can explain the links between having a positive self-identity and healthy intimate relationships</p> <p>I understand what consent means for me within my peer and intimate social groups</p> <p>I know how to report abusive or coercive behaviour</p>	<p>I can explain how negative self-identity and low self-esteem can contribute towards risky behaviour</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p>Consent is everything website - clip 'Tea and Sex'</p> <p>Jigsaw Journals</p>
6. Assessment	<p>I understand how the choices I make can be linked to my self-identity and self-esteem, and how this can affect my health and relationships</p>	<p>I feel confident about re-assessing my own and others' behaviour and choices</p>	<p>Jigsaw Chime</p> <p>YouTube clip www.youtube.com/watch?v=CTufwCG8Xeg</p> <p>Jigsaw Charter</p> <p>PowerPoint Slides</p> <p>Workbook pages</p> <p>Jigsaw Journals</p>



Celebrating Difference Puzzle Map - Ages 13-14

Big Question: Is being different a good thing?

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	Resources
1. Equality	<p>I can give examples of different types of prejudice and discrimination</p> <p>I can explain how the Equality Act has protected characteristics and why these are important</p> <p>I can distinguish between 'banter' and sexist, LGBT-phobic and racist language</p> <p>I know where to report bullying</p> <p>I understand the legal consequences of bullying and hate crime</p>	<p>I can empathise with people who are discriminated against</p>	<p>Equality Act grid - printed, one per group</p> <p>Videos about banter/bullying, choice of:</p> <p>www.youtube.com/watch?v=NAwkckpkapA&t=4s</p> <p>www.youtube.com/watch?v=wbM5WowgqyE</p> <p>Your setting's behaviour policy - printed, one per group</p> <p>Jigsaw Journals</p>
2. Understanding difference	<p>I can explain why some people can display sexist and ageist behaviour</p> <p>I understand the complexities associated with gender identity</p> <p>I can challenge my own and others' attitudes towards difference in relation to sexism, ageism and gender identity</p>	<p>I understand why fear can lead us to judge others negatively</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>Scene help sheet - printed, one per group</p> <p>Jigsaw Journals</p>
3. The power of positive language	<p>I can identify positive and negative language and can recognise my own language style</p>	<p>I can recognise that my language choices can affect other people and their views of me</p> <p>I understand that negative language can be damaging to mental health</p>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>Thinking about language choices template</p> <p>Printable sheets 1-5 for group work</p> <p>Jigsaw Journals</p>



Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	Resources
4. Bullying	<p>I understand that there are different types of bullying (verbal, physical, online)</p> <p>I know what to do if I encounter bullying</p> <p>I can give examples of workplace bullying</p>	<p>I appreciate the short- and long- term effects and consequences of bullying on everyone involved including impact on mental health</p>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>Flip chart paper and pens (optional)</p> <p>Jigsaw Journals</p>
5. Discrimination	<p>I understand about protected characteristics and how everyone has the responsibility to challenge discrimination</p> <p>I understand that there are some inequalities in the world</p>	<p>I know some ways that I can protect myself from discrimination and some ways that I can challenge inequalities</p>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>Protected characteristics worksheet (optional)</p> <p>Jigsaw Journals</p>
6. Assessment	<p>I understand how prejudice, discrimination and bullying can arise and how these can affect mental health</p>	<p>I know some ways that I can protect myself from the prejudices that I might encounter in my life</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint Slides</p> <p>Jigsaw Journals</p> <p>Workbook page</p> <p>Stereotype activity resources</p>



Dreams & Goals Puzzle Map - Ages 13-14

Big Question: Who do I dream of becoming?

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	Resources
1. My personal strengths	<p>I can identify my personal strengths</p> <p>I can identify some health goals I would like to achieve</p>	<p>I can identify personal strengths I would like to improve</p>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>My personal strengths audit - printed, one per student</p> <p>Health Investment sheet</p> <p>Jigsaw Journals</p>
2. The power of planning	<p>I can produce a SMART plan and know how to apply it to support my life and learning</p>	<p>I am aware of the importance of planning in order to achieve my goals</p>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>Jigsaw Journals</p>
3. My dreams for my life	<p>I am able to accept helpful feedback and reject unhelpful criticism</p>	<p>I know that some dreams and goals in life are not associated with financial gain</p>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work?language=en</p> <p>Jigsaw Journals</p>
4. Mental health and illness	<p>I know the difference between mental health and mental ill-health</p> <p>I can consider factors that can contribute to a person's mental ill health</p> <p>I know how to access support if I am worried about a mental health issue</p>	<p>I understand that stigma about mental ill health is unhelpful</p>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>Tackling stigma film production guide - printed, one per group</p> <p>Jigsaw Journals</p>



Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	Resources
<p>5. Media manipulation and mental health</p>	<p>I can understand how media manipulation can be involved in a person's mental ill-health</p> <p>I can understand how and why some media is manipulated</p> <p>I can consider how self-esteem can be affected by the media positively and negatively</p> <p>I know where to access help if worried about a mental health concern</p>	<p>I can consider how some mental ill health issues such as self-harm, eating disorders, anxiety and depression can be linked to low self-esteem</p>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>Media manipulations scenarios</p> <p>Information sheets on self-harm, eating disorders, anxiety, and depression</p> <p>Optional video clip: www.youtu.be/J3xibpxieW0.</p> <p>Jigsaw Journals</p>
<p>6. Assessment</p>	<p>I understand my own mental health and how to recognise signs of mental ill-health in myself and others</p>	<p>I know ways to include mental health as part of a healthy lifestyle</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint Slides</p> <p>Jigsaw Journals</p> <p>Workbook page</p>



Healthy Me Puzzle Map - Ages 13-14

Big Question: How can substances impact on wellbeing?

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	Resources
1. Making healthier choices	<p>I know that the majority of people my age make healthy lifestyle choices</p> <p>I understand that there are misperceptions about the health choices of people my age</p>	<p>I have the confidence to make healthy choices that are right for me and can form my own opinions</p>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>Jigsaw Journals</p>
2. Alcohol	<p>I understand the physical and emotional effects of alcohol and how it can affect decision-making</p> <p>I know what the law says about alcohol</p>	<p>I feel confident about making my own decisions about my lifestyle choices</p>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>Jigsaw Journals</p>
3. Using substances (including smoking)	<p>I understand the physical and emotional effects of certain substances and how they can affect decision-making</p> <p>I know some facts about drug classification and what the law says about possession and supply of drugs</p>	<p>I feel confident about making my own decision about my lifestyle choices</p>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>Jigsaw Journals</p>
4. Life-saving skills	<p>I know about the recovery position and how to contact emergency services</p> <p>I know what to do in an emergency situation involving substances</p>	<p>I know how to keep myself safe to avoid emergencies and also how to deal with emergencies if they happen</p>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>Jigsaw Journals</p>



Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	Resources
<p>5. Effects of substances</p>	<p>I understand some of the physiological and psychological effects of substance misuse and the impact of illegal substances on society and individuals</p>	<p>I know how to access support if concerned about substances</p>	<p>Jigsaw Chime Jigsaw Charter PowerPoint slides Assessment / reflection sheets 'Some of the effects of drugs' www.youtube.com/watch?v=HUnGLgGRJpo www.youtube.com/watch?v=Uvv5rtDYohg Jigsaw Journals</p>
<p>6. Assessment</p>	<p>I can summarise some of the risks associated with substance use and the laws relating to these. I can express why some people choose to use different substances and my own thinking relating to such choices.</p>	<p>I can express my opinion and stand up for myself when necessary</p>	<p>Jigsaw Chime Jigsaw Charter PowerPoint slides Post-it notes Workbook pages Jigsaw Journals</p>



Relationships Puzzle Map - Ages 13-14

Big Question: Can relationships ever be equal?

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	Resources
1. Power in relationships	<p>I can recognise when others might try to use their power to control, coerce and manipulate in an intimate relationship</p> <p>I understand the features of positive, stable, intimate relationships</p>	<p>I know how to access help if an intimate relationship makes me uncomfortable, or is putting me at risk</p> <p>I know that my adolescence is normal for me</p>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>Healthy relationships top 10 handout</p> <p>The Good, Bad and Ugly balance of power - scenario cards (optional)</p> <p>Power Games feedback sheet (optional)</p> <p>Jigsaw Journals</p>
2. Assertiveness and saying no	<p>I understand that I have a choice in many situations, including when I want to say no</p> <p>I know and can use some assertiveness skills to help me manage a range of circumstances</p> <p>I understand that consent is a vital feature of a sexual relationship</p> <p>I know about sex and the law</p>	<p>I can be assertive when appropriate</p> <p>I know how to access help if I'm worried about a relationship</p>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>Person template, one per group</p> <p>Aggressive, Assertive or Passive signs</p> <p>Assertiveness scenarios (optional)</p> <p>Jigsaw Journals</p>
3. Porn - is it real?	<p>I understand that pornography and some media images give a false impression of sex and sexual relationships</p> <p>I can challenge stereotypical ideas of 'ideal' males and females</p> <p>I know about sex and the law as applied to online and social media</p>	<p>I am reassured that my adolescence is normal for me</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p>Jigsaw Journals</p>



Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	Resources
4. Contraception	<p>I know about the different contraception methods available</p> <p>I know that contraception is important for sexual health as well as preventing a pregnancy</p> <p>I know that communication and negotiation about contraception use is important</p> <p>I understand that information and facts are vital in making an informed choice about contraception if and when needed</p> <p>I know how to access advice and information about sexual health</p> <p>I know about sex and the law</p>	<p>I feel empowered to make an informed decision about contraception if and when needed</p>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>Contraception information sheet</p> <p>Materials for Big Bit activities (optional)</p> <p>Jigsaw Journals</p>
5. Consequences of unprotected sex	<p>I understand that there are consequences if I choose to have unprotected sex</p> <p>I know about different sexually transmitted infections</p> <p>I know about sexual health clinics and how to access help and support if I have unprotected sex</p>	<p>I know some of the options available if I have unprotected sex</p>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>STI matching game and STI information sheet</p> <p>Character cards (optional)</p> <p>Jigsaw Journals</p>
6. Assessment	<p>I can consider the risks and consequences of becoming sexually active</p>	<p>I can think through how I feel about what is right for me in relationships</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p>Workbook</p> <p>Jigsaw Journals</p>



Changing Me Puzzle Map - Ages 13-14

Big Question: How can change affect mental health?

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	Resources
1. Mental health	<p>I know that my mental health can be affected by different situations and experiences</p> <p>I know about some common mental health issues</p> <p>I can challenge stigma about mental health issues</p> <p>I know where to access support if I am worried about my mental health</p>	<p>I appreciate that the people in my life may have a range of different views and opinions</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p>www.youtu.be/irADsjrhjl</p> <p>Instruction sheet - printed, one per group</p> <p>Jigsaw Journals</p>
2. Change and our emotions	<p>I know that change can trigger a range of emotional responses</p> <p>I know that some changes can be more difficult to manage than others</p> <p>I know that going through change can develop resilience</p>	<p>I can suggest ways I can manage change in my life</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p>Materials for resilience list</p> <p>Jigsaw Journals</p>
3. Better sleep	<p>I know that sleep is important for psychological and physical reasons</p> <p>I know that sleep is important for my mental health</p> <p>I know that sleep is important for learning</p>	<p>I acknowledge that I am in control of changes in my life and appreciate that the decision to implement change can be challenging</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p>Plain paper, coloured pens (optional)</p> <p>Jigsaw Journals</p>
4. Resilience	<p>I understand what resilience means</p> <p>I understand how resilience can developed</p>	<p>I can reflect on skills that I could improve to enhance my resilience</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p>Giving Advice scenarios handout - printed, one per student</p> <p>Jigsaw Journals</p>



Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	Resources
5. Resilience	<p>I can reflect on the changes that my body and brain have undergone since starting puberty</p> <p>I can consider the changes yet to come and how to manage these</p> <p>I know where to access support if I am worried about an aspect of change in my life</p>	<p>I understand that some change is inevitable</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p>Jigsaw Journals</p>
6. Assessment	<p>I can summarise how different types of change can affect mental health and know some strategies to stay resilient</p>	<p>I can change manage change positively and know where to get help if I need it</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p>Workbook</p> <p>Jigsaw Journals</p>