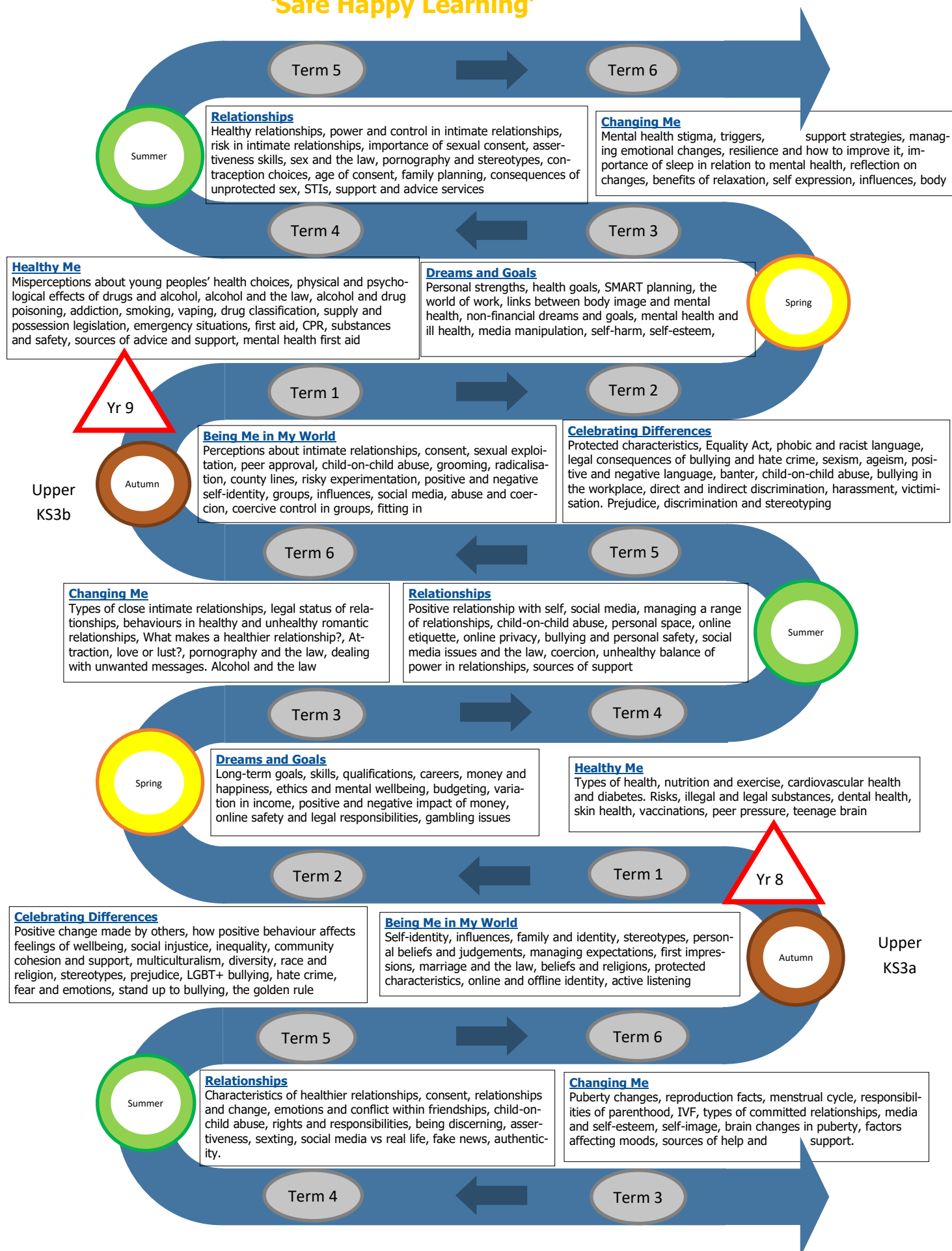


Learning Journey PHSE/RSHE/Careers

'Safe Happy Learning'



Healthy Me

Stress and anxiety, managing physical activity and mental health, effects of substances, legal consequences, nutrition, sleep, vaccination and immunisation, importance of information on making health choices, physical illness and medicine, mindfulness.

Dreams and Goals

Celebrating success, identifying goals, employment, learning from mistakes, overcoming challenges, planning skills, safe & unsafe choices, substances, gangs, county lines, control over your life, explo-

Yr 7

Term 1

Term 2

Autumn

Being Me in My World

Unique me, differences & conflict, my influences, gateway emotions, belonging to a group, peer pressure, child-on-child abuse, online safety, sexting, consequences, online legislation, online identity.

Celebrating Differences

Bullying, prejudice & discrimination (positive and negative). Equality Act, bystanders, stereotyping, challenging influences, negative behaviour and attitudes, assertiveness, importance of being included.

Term 6

Term 5

Summer

Changing Me

Self-image. Body-image. Puberty and feelings. Conception to birth. Reflections about change. Physical attraction. Respect and consent. Boyfriends/girlfriends. Sexting. Transition.

Relationships

Mental health. Identifying mental health worries and sources of support. Love and loss. Managing feelings. Power and control. Assertiveness. Technology safety. Take responsibility with technology use.

Spring

Term 3

Term 4

Dreams and Goals

Personal learning goals, in and out of school. Success criteria. Emotions in success. Making a difference in the world. Motivation. Recognising achievements. Compliments.

Healthy Me

Taking personal responsibility. How substances affect the body. Exploitation including 'county lines' and gang culture. Emotional and mental health. Managing stress.

Hello
I'm Jigsaw Jem



Yr 6

Term 2

Term 1

Autumn

Upper
KS2 b

Celebrating Differences

Perceptions of normality. Understanding disability. Power struggles. Understanding bullying. Inclusion/exclusion. Differences as conflict, difference as celebration. Empathy.

Being Me in My World

Identifying goals for the year. Global citizenship. Children's universal rights. Feeling welcome and valued Choices, consequences and rewards. Group dynamics. Democracy, having a voice. Anti-social behaviour. Role-modelling.

Term 5

Term 6

Summer

Relationships

Self-recognition and self-worth. Building self-esteem. Safer online communities. Rights and responsibilities online. Online gaming and gambling. Reducing screen time. Dangers of online grooming. SMARRT internet safety rules.

Changing Me

Self- and body image. Influence of online and media on body image. Puberty for girls. Puberty for boys. Conception (including IVF) Growing responsibility. Coping with change. Preparing for transition.

Term 4

Term 3

Spring

Healthy Me

Smoking including vaping. Alcohol and vaping. Alcohol and anti-social behaviour. Emergency aid. Body image. Relationships with food. Healthy choices. Motivation and behaviour.

Dreams and Goals

Future dreams. The importance of money. Jobs and careers. Dream job and how to get there. Goals in different cultures. Supporting others (charity) Motiva-

Hello
I'm Jigsaw Jez



Yr 5

Term 1

Term 2

Autumn

Upper
KS2a

Being Me in My World

Planning the year ahead. Being a citizen. Rights and responsibilities. Rewards and consequences. How behaviour affects groups. Democracy, having a voice, participating.

Celebrating Differences

Cultural differences and how they can cause conflict. Racism. Rumours and name-calling. Types of bullying. Materials ,wealth and happiness. Enjoying and respecting other cultures.

Term 6

Term 5

Changing Me

Being unique. Having a baby. Girls and puberty. Confidence in change. Accepting change. Preparing for transition. Environmental change.

Relationships

Jealousy. Love and loss. Memories of loved ones. Getting on and Falling Out. Girlfriends and Boyfriends. Showing appreciation to people and animals.

