

# Red Hill C of E Primary School

## Adopted Jigsaw PSHE 4-11 Content Overview with adaptations



Supplementary safeguarding coverage
Prevent, Radicalisation and Hate Crimes
Domestic Violence and Child on Child
Drugs and substance misuse
Cyber safety- gaming, online abuse, social media
Child Sexual Exploitation (CSE)/ Child Abuse
Child Criminal Exploitation (CCE) and County Lines
Self harm/Suicide
Female Genital Mutilation (FGM)
Trafficking and Modern Day Slavery

Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<b>Ages 3-5 (F1-F2)</b>	<ul style="list-style-type: none"> <li>Self-identity</li> <li>Understanding feelings</li> <li>Being in a classroom</li> <li>Being gentle</li> <li>Rights and responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>Identifying talents</li> <li>Being special</li> <li>Families</li> <li>Where we live</li> <li>Making friends</li> <li>Standing up for yourself</li> </ul>	<ul style="list-style-type: none"> <li>Challenges</li> <li>Perseverance</li> <li>Goal-setting</li> <li>Overcoming obstacles</li> <li>Seeking help</li> <li>Jobs</li> <li>Achieving goals</li> </ul>	<ul style="list-style-type: none"> <li>Exercising bodies</li> <li>Physical activity</li> <li>Healthy food</li> <li>Sleep</li> <li>Keeping clean</li> <li>Safety</li> </ul>	<ul style="list-style-type: none"> <li>Family life</li> <li>Friendships</li> <li>Breaking friendships</li> <li>Falling out</li> <li>Dealing with bullying</li> <li>Being a good friend</li> <li>Right to privacy- Pantosaurus</li> <li>Speak out, Stay Safe programme</li> </ul>	<ul style="list-style-type: none"> <li>Bodies</li> <li>Respecting my body</li> <li>Right to privacy- Pantosaurus</li> <li>Growing up</li> <li>Growth and change</li> <li>Fun and fears</li> <li>Celebrations</li> </ul>

<p><b>Ages 5-6</b></p>	<p>Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences <del>Owning the Learning Charter</del></p>	<p>Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone</p>	<p>Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success</p>	<p>Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness</p>	<p>Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships <b>Right to privacy- Pantosaurus</b> <b>Speak out, Stay Safe programme</b></p>	<p>Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change <b>Right to privacy- Pantosaurus</b> <del>Transition</del></p>
<p><b>Ages 6-7</b></p>	<p>Hopes and fears for the year Rights and responsibilities  Rewards and consequences Safe and fair learning environment Valuing contributions Choices  Recognising feelings</p>	<p>Assumptions and stereotypes about gender  Understanding bullying Standing up for self and others Making new friends Gender diversity  Celebrating difference and remaining friends</p>	<p>Achieving realistic goals Perseverance  Learning strengths Learning with others Group co-operation Contributing to and sharing success</p>	<p>Motivation Healthier choices  Relaxation Healthy eating and nutrition Healthier snacks and sharing food</p>	<p>Different types of family Physical contact boundaries <b>Right to privacy- Pantosaurus</b> Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships <b>Speak out, Stay Safe programme</b></p>	<p>Life cycles in nature Growing from young to old  Increasing independence Differences in female and male bodies (correct terminology) Assertiveness <del>Preparing for transition</del></p>
<p><b>Ages 7-8</b></p>	<p>Setting personal goals <b>Self-identity and worth</b> Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives</p>	<p>Families and their differences Family conflict and how to manage it- Domestic Violence <del>(child-centred)</del> Witnessing bullying and how to solve it- child on child <b>Recognising how words can be hurtful</b> <del>Giving and receiving compliments</del></p>	<p>Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting</p>	<p>Exercise <del>Fitness challenges</del> Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios <b>Respect for myself and others (Suicide)</b> Healthy and safe choices</p>	<p>Family roles and responsibilities Friendship and negotiation <b>Keeping safe online and who to go to for help</b> Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends <b>Speak out, Stay Safe programme</b></p>	<p>How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes - Domestic Violence <del>Challenging my ideas</del> <del>Preparing for transition</del></p>

Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<b>Ages 8-9</b>	<p><del>Being part of a class team</del> Being a school citizen Rights, responsibilities and democracy (school council) <del>Rewards and consequences</del> Group decision-making Having a voice</p> <p>What motivates behaviour</p>	<p>Challenging assumptions Judging by appearance <b>Accepting self and others (Suicide)</b> Understanding influences Understanding bullying <del>Problem solving</del> <b>Identifying how special and unique everyone is (Social Media)</b> First impressions</p>	<p>Hopes and dreams Overcoming disappointment Creating new, realistic dreams</p> <p><del>Achieving goals</del> <del>Working in a group</del> <del>Celebrating contributions</del> Resilience</p> <p>Positive attitudes <b>Modern Day Slavery/Trafficking</b></p>	<p>Healthier friendships Group dynamics <b>Smoking/Vapes</b></p> <p>Alcohol Assertiveness Peer pressure Celebrating inner strength <b>Nitrous Oxide</b> <b>Illegal drugs</b></p>	<p>Jealousy Love and loss Memories of loved ones</p> <p>Getting on and Falling Out Girlfriends and boyfriends <del>Showing appreciation to people and animals</del> <b>FGM</b> <b>Speak out, Stay Safe programme</b></p>	<p>Being unique Having a baby Girls and puberty</p> <p>Confidence in change Accepting change <del>Preparing for transition</del> Environmental change</p>
<b>Ages 9-10</b>	<p>Planning the forthcoming year Being a citizen Rights and responsibilities <del>Rewards and consequences</del> How behaviour affects groups Democracy, having a voice, participating</p>	<p>Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying/Child on Child <b>Material wealth and Happiness- County Lines/Social Media</b> <b>Enjoying and respecting other cultures</b></p>	<p>Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) <del>Motivation</del></p>	<p><b>Smoking, including vaping</b> <b>Alcohol and substance misuse</b> <b>Alcohol and anti-social behaviour</b> Emergency aid- St Johns Ambulance <b>Body image</b> <b>Relationships with food</b> Healthy choices Motivation and behaviour</p>	<p><b>Self-recognition and self-worth</b> <b>Building self-esteem</b> <b>Safer online communities</b> Rights and responsibilities online Online gaming and gambling <b>Reducing screen time</b> <b>Dangers of online grooming</b> <b>SMART internet safety rules</b> <b>Speak out, Stay Safe programme</b> <b>Radicalisation session- social media and extremist views on women</b></p>	<p><b>Self- and body image</b> <b>Influence of online and media on body image</b> Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change <del>Preparing for transition</del></p>
<b>Ages 10-11</b>	<p>Identifying goals for the year Global citizenship Children's universal rights- Arranged/Forced marriage <del>Feeling welcome and valued- Choices, consequences and rewards</del> <b>Group dynamics-Extremism</b> Democracy, having a voice Anti-social behaviour</p> <p>Role-modelling</p>	<p><b>Perceptions of normality</b> Understanding disability Power struggles</p> <p>Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy <b>GET SAFE visit to discuss County lines/CCE</b></p>	<p>Personal learning goals, in and out of school <del>Success criteria</del></p> <p>Emotions in success Making a difference in the world <del>Motivation</del> Recognising achievements <del>Compliments</del> <b>County Lines- material goods vs lifetime goals</b></p>	<p>Taking personal responsibility How substances affect the body <b>Exploitation, including 'county lines' and gang culture and knife crime</b> Emotional and mental health Managing stress <b>Police Visit- County Lines/CCE</b> <b>Radicalisation session</b></p>	<p>Mental health Identifying mental health worries and sources of support</p> <p>Love and loss Managing feelings <b>Power and control (Domestic Violence/County Lines)</b> <b>Assertiveness- County Lines</b> Technology safety Take responsibility with technology Use <b>Speak out, Stay Safe programme</b></p>	<p><b>Self-image</b> <b>Body image</b> Puberty and feelings</p> <p>Conception to birth Reflections about change Physical attraction Respect and consent - Domestic Violence/CSE Boyfriends/girlfriends <b>Sexting-CSE</b></p> <p>Transition</p>
Additional Collective		Road Safety		Police visit-Gender stereotypes Knife Crime whole school		Water Safety- Drowning Fire Safety

<p>Worships</p> <p>Protected Characteristics</p>	<p><b>Protected Characteristics</b></p> <p>September-Disability October- Age</p>	<p><b>Protected Characteristics</b></p> <p>November- Religion or belief December- Pregnancy and Maternity</p>	<p><b>Protected Characteristics</b></p> <p>January- Race February- Race</p>	<p><b>Protected Characteristics</b></p> <p>March- Gender April- Gender</p>	<p><b>Protected Characteristics</b></p> <p>May-Sexual Orientation June- Marriage and civil partnership</p>	<p><b>Protected Characteristics</b></p> <p>July-Gender Reassignment</p>
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