

## Cycle 1 PSHE/RSE (Jigsaw)

### Autumn 1

#### Being Me in My World

##### Year 7 (11-12 yrs)

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

##### Year 8 (12-13 yrs)

Self-identity, influences, family and identity, stereotypes, personal beliefs and judgements, managing expectations, first impressions, respect for the beliefs of others Marriage Protected characteristics Active listening

### Autumn 2

#### Celebrating Difference

##### Year 7 (11-12 yrs)

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

##### Year 8 (12-13 yrs)

Positive change made by others, how positive behaviour affects feelings of wellbeing, social injustice, inequality, community cohesion and support, multiculturalism, diversity, race and religion, stereotypes, prejudice, LGBT+ bullying, peer on peer abuse hate crime, fear & emotions Stand up to bullying, the golden rule Organ and blood donation

### Spring 1 Dreams and Goals

##### Year 7 (11-12 yrs)

Celebrating success, identifying goals, employment, learning from mistakes, overcoming challenges, planning skills, safe & unsafe choices, substances, gangs, knives, exploitation, emergency first aid.

##### Year 8 (12-13 yrs)

Long-term goals, skills, qualifications, careers, money and happiness, ethics and mental wellbeing, budgeting, variation in income, positive and negative impact of money, online safety and legal responsibilities, gambling issues.

### Spring 2 Healthy Me

##### Year 7 (11-12 yrs)

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

##### Year 8 (12-13 yrs)

Long-term physical health, responsibility for own health, dental health, stress triggers and help tips, substances and mood, legislation associated with substances, exploitation and substances, county lines, medicine, vaccinations, immunisation.

### Summer 1 Relationships

##### Year 7 (11-12 yrs)

Characteristics of healthy relationships, consent, relationships and change, emotions within friendships, peer on peer abuse, rights and responsibilities, being discerning, assertiveness, sexting.

##### Year 8 (12-13 yrs)

Positive relationship with self, social media and relationship with self, negative self-talk, managing a range of relationships, peer on peer abuse, personal space, online etiquette, online privacy, bullying and personal safety, social media issues and the law, coercion, unhealthy balance of power in relationships, sources of support

### Summer 2 Changing Me

##### Year 7 (11-12 yrs)

Puberty changes, Reproduction facts, FGM, breast flattening/ironing, responsibilities of parenthood, IVF, types of committed relationships, media and self-esteem, self-image, brain changes in puberty, factors affecting moods, sources of help and support.

##### Year 8 (12-13 yrs)

Types of close intimate relationships, physical attraction, love, legal status of relationships, behaviours in healthy and unhealthy romantic relationships, pornography, sexuality, alcohol and risky behaviour.

## **Cycle 2 PSHE/RSE (Jigsaw)**

### **Autumn 1**

#### **Being Me in My World**

##### **Year 9 (13-14 yrs)**

Perceptions about intimate relationships, consent, sexual exploitation, peer approval, peer on peer abuse, grooming, radicalization, county lines, risky experimentation, positive and negative selfidentity, groups, influences, social media, abuse and coercion, coercive control.

### **Autumn 2**

#### **Celebrating Difference**

##### **Year 9 (13-14 yrs)**

Protected characteristics, Equality Act, phobic and racist language, legal consequences of bullying and hate crime, sexism, ageism, positive and negative language, banter, peer on peer abuse, bullying in the workplace, direct and indirect discrimination, harassment, victimisation. Prejudice, discrimination and stereotyping.

### **Spring 1 Dreams and Goals**

##### **Year 9 (13-14 yrs)**

Personal strengths, health goals, SMART planning, the world of work, links between body image and mental health, non-financial dreams and goals, mental health and ill health, media manipulation, self-harm, self esteem, stigma, anxiety disorders, eating disorders, depression

### **Spring 2 Healthy Me**

##### **Year 9 (13-14 yrs)**

Misperceptions about young peoples' health choices, physical and psychological effects of drugs and alcohol, alcohol and the law, alcohol and drug poisoning, addiction, smoking, vaping, drug classification, supply and possession legislation, emergency situations, first aid, CPR, substances and safety, sources of advice and support.

### **Summer 1 Relationships**

##### **Year 9 (13-14 yrs)**

Healthy relationships, Power and control in intimate relationships, risk in intimate relationships, importance of sexual consent, assertiveness skills, sex and the law, pornography and stereotypes, contraception choices, age of consent, family planning, consequences of unprotected sex, STIs, support and advice services.

### **Summer 2 Changing Me**

##### **Year 9 (13-14 yrs)**

Mental health stigma, triggers, support strategies, managing emotional changes, resilience and how to improve it, reflection on importance of sleep in relation to mental health, reflection on changes, benefits of relaxation.