



Extended Snapshot by Puzzle and Piece: Jigsaw PSHE 11-16

Updated December 2025

Age 11+	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1	Who am I?, fitting in, unique me, differences and conflict	Prejudice and discrimination, Equality Act 2010, bystanders	Defining success, setting dreams and goals	Nutrition and exercise, managing physical activity and mental health	Changing relationships, consent	Puberty and hormonal changes, reproduction, personal hygiene, menstrual cycle
2	Influences, gateway emotions	Attitudes and values, recognising differences, evaluating influences	Pace of change, skills for the future, developing skills and setting targets,	What is sleep? How sleep cycles work, sleep and mood, health, and memory, supporting good sleep	Managing change, emotional support and friendships	Pregnancy, fertilisation, IVF, giving birth and after-birth
3	Peer pressure, belonging, child-on-child abuse	Assumptions and stereotypes	What is failure and what we can learn from it, when coping strategies for when things go wrong, fixed v growth mindset	Stress, effects of stress on the body, recovering from a state of stress, combatting stress with mindfulness and movement	Falling out and conflict childhood friendships	Deciding to have a child, responsibilities of parenthood, types of committed relationships and families, UN Convention on the Rights of a Child
4	Online identity, risks and tips to keep safe, online gaming risks	Human Rights, protected characteristics,	Building skills for the future and teamwork	Physical illness and medicine, personal hygiene, health choices	Authenticity and seeking validation, social media and how to spot AI and fake accounts	Body image, media, AI and filters, self-esteem, body confidence
5	Online safety, sexting, consequences, online legislation, online identity	Bullying, fear and motivations	Gang culture and knife crime	Substances and the effects of substances (nicotine and caffeine), vaping	Setting boundaries, sextortion, staying safe online	FGM-myths, facts and the law and getting support
6	Online gaming- safety and financial risks	Respect, inclusion and exclusion	Health and wellbeing: the benefits of sleep, exercise and being outdoors	Working together to improve well-being, contributing to your community	Healthy and unhealthy relationships, finding balance and respect	Emotions, hormones and moods



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Age 12+	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1	Who am I?, self-identity, influences, online influence	Prejudice and persecution, propaganda	Goal setting, grit and resilience	Types of health, nutrition, exercise, cardiovascular health and diabetes	Is everything we see on social media real, AI profiles, what does having a positive relationship with yourself look like	Intimate relationships, attraction, behaviours in healthy and unhealthy romantic relationships, harassment
2	Family and identity, community living	LGBT community, Equality Act 2010, protected characteristics, mental health	Can money buy happiness	Risks, illegal and legal substances	When relationships change, end or people grow apart, feelings and emotions, positive aspects of relationships	What makes a healthier relationship (friendship and romantic relationships)?
3	Family, managing expectations, active listening skills	Social justice, inequality, hate crimes, hate incidents	Positives and negatives of being online, digital footprints, keeping safe online	Healthy/unhealthy lifestyle habits, dental health, skin protection, steps to protecting physical health	Assertiveness, sexting and sextortion	Me and my relationships, attraction, love or crush? sexuality
4	First impressions, managing influences on our identity, self-image, positive self-talk	Multicultural society, mutual respect and Tolerance, ethnic groups, religious and spiritual groups, The Golden Rule	Income and the economy, salary growth factors, salary gap and equal pay	Vaccinations, immunity, Covid-19	Power dynamics, control and manipulation, risky behaviours and knife crime	Pornography and the law, dealing with unwanted message
5	Marriage and civil partnerships, the law, beliefs and religions, protected characteristics, respect	What matters to you and standing up for what you believe in	Spending and budgeting, receipts and payslips	Vaping, peer pressure, the law	Social media, personal data and online safety	Alcohol, the law, effects of alcohol on the brain, alcohol and risky situations
6	Online and offline identity	Celebrating differences, positive, sustainable and ethical contributions to society	Sextortion, online scams, phishing, bank accounts and credit cards	Interactive play and self-assessment review of the puzzle	SEND and Inclusion-ADHD and Autism	Recognising healthy and unhealthy relationships- pitching a TV show about relationships for teens



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Age 13+	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1	Groups, being me in a group, peer approval, fitting in and friendship, conflict or celebration	Power of positive language, being understood, Changing your thinking	SMART planning, objectives, roadmap for success	Teenage brain development, changing social and physical environment during teenage years, the brain, learning and memory	Equality and equity, Healthy v Unhealthy behaviours, assertiveness and self-worth	Reflection on changes and managing emotions
2	Relationships, perceptions and expectations about intimate relationships, consent, coercive control	Prejudice, sexism, racism, ableism, ageism, LGBT phobia, banter and bullying, taking back your power	Changing appearances, cosmetic surgery and weight loss products	Protecting the brain, risks of drugs and alcohol-physical and psychological effects, the law, safety, drug classification, supply and possession legislation	Saying “no” and consent, Sex and the law, getting help	Self- expression, influences, body image
3	Peer approval, personal safety, sexual exploitation, grooming, radicalisation, county lines	Reducing fear and promoting equality, action plan for change	Mental health illness and stigma	Belonging, loneliness and inclusion	What is pornography, fake v real life, The Online Safety Act 2023, The effects of watching pornography,	Masculinity (positive), online influence and influencer tactics
4	Self-identity, influences, social groups, social media abuse, risks and experimentation	Cyber bullying and harassment, the law on bullying,	Social, misinformation, disinformation, discerning the real from the fake and self-esteem	Emergency situations, first aid, CPR, cardiac arrest	Contraception, how relationships change when they become intimate, Pregnancy and how to prevent it	Misogyny, incel culture and healthy vs unhealthy online communities
5	Consent, rape and sexual assault, signs of refusing, perceptions and misperceptions	Bias, stereotypes, discrimination, harassment, victimisation, non-consensual behaviours and what influences it	Deepfakes and AI, staying responsible and protecting our online identities, impacts on mental health	Mental health first aid, self-care, being a good listener, where to find mental health support	Consequences of unprotected sex, STI's; types, symptoms and treatment, deciding to have sex and being 'ready'	Mental health and addiction, dopamine and memory
6	Positive and negative self-esteem and self-identity, influences	Changemakers, campaigning and challenging inequality	Illegal and harmful online content, misogyny	Health choices (nutrition, stress, sleep)	Consent and age, The Gillick Competence Test	The importance of sleep in for the body and brain, the impact of sleep on mental health, sleep routines



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Age 14+	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1	Human rights, societal freedom, violations, understanding safety in UK and beyond	Human Rights, responsibilities, The European Convention on Human Rights, The European Court of Human Rights, The Human Rights Act 1998	Resilience, nurturing important relationships, when things don't go to plan	My health MOT, top tips for health, adopting healthy habits	Long-term relationships and legal status, the science of attraction: lust, attraction and attachment	Impact of societal change on young people, role of media on societal change, reflection on change so far and how to manage it successfully
2	Grief cycle, loss and bereavement, responses to loss, support	Multicultural societies, successful societies, agree to disagree, changing and ending relationships	Achieving your goals and the impact of physical and mental health, taking care of your mind and body	Cancer, breast cancer, testicular cancer, risk factors, skin cancer and SPF and tanning	How to have a good relationship with yourself, why do relationships end, unsafe, toxic and unhealthy relationships and how to stay safe and get help	Personal safety, cycling, railway, water safety, transport
3	The law and social media risks, algorithms and use of online data, GDPR, the dark web, managing online content, dealing with harmful online content -suicide, self-harm, violence	Equality Act 2010, hidden disabilities, discrimination in the workplace, reasonable adjustments and the Law	Real v online behaviours, social media usage-the pros and cons, responsible posting, the impact of social media on future employment	Common mental health disorders and treatment, substance use and mental health, mental health stigma	The law on marriage and cohabitation, parenting and the impact on children	Gaining independence, alcohol, drink spiking, methanol poisoning and prevention
4	Online identity, sharing/ enhancing images and the law, netiquette	Equality and inequality, campaigning for change	The body and vital organs, blood, organ and stem cell donation, right to choose and opting out	Sexual health, autonomy and consent, STIs (transmission, treatment, symptoms) HIV/Aids	Real life vs relationships that we see in the media, the difference between sexual relationships in pornography and real-life	Gender stereotypes, stereotypes in relationships, marriage and civil partnerships, values in relationships
5	Personal data and risk, GDPR, social media and data collection, where to find help with online activity	Equality in relationships, empowered and disempowered, the impacts on physical and mental health, changing and ending relationships	Balanced lifestyles	Safer sex contraception, hormonal contraception vs barrier methods of contraception, menstrual cycle, where to get contraceptives	Stalking and harassment, coercion and abuse	Virginity testing and hymenoplasty, medical facts, rights and the laws
6	AI chatbots and online scams	UK v USA healthcare Service, accessing a GP	Resilience toolkit	Threats to health (cancer, diabetes, cardiovascular disease)	Free choice and pressure in relationships, the law on: coercion, abuse, sex trafficking and modern slavery.	Physical and emotional changes, family change, strategies to help with managing change, sources of support



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Age 15+	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1	Becoming an adult, age limits and the law		Sleep, anxiety, fight or flight, solutions-focused thinking	Self-worth, identity, consent and power imbalance, being ready for sex, coercion	Stages of a relationship, relationships in the media, features of a romantic relationship, our perceptions about sex and relationships	
2	Relationships and the law, marriage and alternatives, consent, advice on sexual health, coercive control, domestic abuse, 'honour-based violence', arranged/forced marriage		Money and employment, budgeting pitfalls, tax, national insurance, credit cards, gambling	Contraceptives, sexual health, STI's, emergency contraception	LGBT terminology, gender identity, gender expression, sexuality, The Equality Act 2010	
3	Equality Act, coercive control, county lines, possession of drugs, identify ways to keep safe		Future jobs and employment opportunities and skillsets	Male and female reproductive health/fertility (PCOS, endometriosis, PMS, heavy periods)	Perceptions and stereotyping of the LGBT+ community, LGBT+ rights, coming out	
4	Gambling and associated risks, AI and algorithms		Long-term family goals, marriage, civil partnership, parenting	Pregnancy health, source of support, loss and miscarriage, becoming a parent	Unbalanced relationships; signs and impacts, domestic abuse and getting help	
5	Being an adult, keeping safe, emergency situations, advice and support, first aid, scenarios		How to cope when things go wrong, developing resilience	Pregnancy choices including adoption, abortion, parenting and bringing up a baby.	My body, my choice, FGM, challenging social norms and cultural practices, breast ironing/flattening	
6	Self-review, the law on internet use, legal age limits and pornography, social media concerns, sexting		Types of technology, how can technology help us to reach our future goals	Self-identity and self-worth, socialising	Power in relationships, Staying true to yourself	