

## Curriculum for Wales Relationships and Sexuality Education Code 2022

**Ages 3-16 - Phases 1,2&3**

How does Jigsaw, the mindful approach to Health and Wellbeing, support schools to meet the requirements of the RSE code?

[www.jigsawpshe.com](http://www.jigsawpshe.com) | +44 (0)3331 882133

**Jigsaw, the mindful approach to Health and Wellbeing (Personal and Social Education), is a whole-school teaching and learning programme that includes all of the statutory RSE outcomes.**

The Jigsaw Programme is structured into 6 half-term units (Puzzles) delivered sequentially from beginning to end of the academic year. Each Puzzle has 6 lesson plans and all the teaching materials needed to deliver them, and a launch assembly with its original Jigsaw song.

The 6 Puzzles are:

Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me, as shown across the top of the grid.

The year group/age group is shown at the top of each section.

The numbers in the boxes refer to the specific lesson plan/s in each Jigsaw unit (Puzzle) that contribute to the RSE Code outcome in the second left-hand column.

The 3 strands of the RSE Code with all outcomes appear exactly as they are in the Code:

Relationships and Identity (RI)

Sexual Health and Wellbeing (SHWB)

Empowerment, Safety and Respect (ESR)

The code in the far-left hand column is short-hand for e.g.

1R11 refers to Phase 1 (ages 3-7), Relationships and identity, Outcome 1

2SHWB4 refers to Phase 2 (ages 7-11), Sexual Health and Wellbeing, Outcome 4

3ESR11 refers to Phase 3 (ages 11-16), Empowerment, Safety and Respect, Outcome 11

**This mapping document shows Jigsaw's spiral approach to the Health and Wellbeing Curriculum across all 3 Phases and is available in Welsh and English.**

For more information on Jigsaw, the mindful approach to Health and Wellbeing and to try our sample teaching materials, please see [www.jigsawpshe.com](http://www.jigsawpshe.com) and go to our Wales pages for more supportive documents.

Or contact us [office@janlevergroup.com](mailto:office@janlevergroup.com)

(Jan Lever MBE is the creator and CEO of the Jigsaw Programmes)

## Relationships and Identity

Phase 1 From age 3 the learning supports:		Relationships and Identity Jigsaw Ages 3-4					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1RI 1	Ability to act with kindness, empathy and compassion in interactions with others immediate to them including family, friendship and peer relationships.	3,4	5	4		2,4,6	
1RI 2	An awareness of how to communicate wants and needs in relationships, and begin to respect those of others.	3,4,5	5,6			2,3,4 6	
1RI 3	Awareness of how needs relate to rights.	5 6				4	
1RI 4	Awareness of the diversity of families and relationships, including friendship and peer relationships, and why these are important.	1	2,3,5			1,2,3,6	
1RI 5	Developing a sense of themselves, in the context of families, friends and communities.	1,3,4,5	2,3,4 1,4	5 4		1,2,3,6	5,6
1RI 6	Recognising how people value different things and have different families, friends and communities.	1	3,4 1,5			1 2,3	
1RI 7	Experiencing inclusive behaviours, language and role modelling that show respect for others, whatever their gender.	1,3,4,5	2 1,3,5	2,4		6 2,3	
1RI 8	Recognising learners' rights to be treated fairly, kindly and with respect.	3,4,5	5 6	2,4 6		4 2	5,6

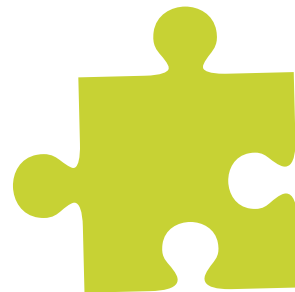
Phase 1 From age 3 the learning supports:		Relationships and Identity Jigsaw Ages 4-5					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1RI 1	Ability to act with kindness, empathy and compassion in interactions with others immediate to them including family, friendship and peer relationships.	2,3,4	5,6	4		2,3,4,6	
1RI 2	An awareness of how to communicate wants and needs in relationships, and begin to respect those of others.	2,3,4,5	5,6	1		2,3,4,6	
1RI 3	Awareness of how needs relate to rights.	3,5 2,6					
1RI 4	Awareness of the diversity of families and relationships, including friendship and peer relationships, and why these are important.	5 1,5	2,3,5 1			1,3 2,6	
1RI 5	Developing a sense of themselves, in the context of families, friends and communities.	1,2,3	1,2,3,4,5	1 5		1,3,6	6 4,5
1RI 6	Recognising how people value different things and have different families, friends and communities.	5	2,3,4 1			1 3,6	4,5
1RI 7	Experiencing inclusive behaviours, language and role modelling that show respect for others, whatever their gender.	4,5 1,2,3	2,3 1,5,6			2 1,6	
1RI 8	Recognising learners' rights to be treated fairly, kindly and with respect.	2,3,4,5 6	2,3,6	4		3,4	

Phase 1 From age 3 the learning supports:		Relationships and Identity Jigsaw Ages 5-6					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1RI 1	Ability to act with kindness, empathy and compassion in interactions with others immediate to them including family, friendship and peer relationships.		3,4,5,6	3		2,5	
1RI 2	An awareness of how to communicate wants and needs in relationships, and begin to respect those of others.		4,5	2,3		2,3,4,5	
1RI 3	Awareness of how needs relate to rights.	2,3 1,5,6					
1RI 4	Awareness of the diversity of families and relationships, including friendship and peer relationships, and why these are important.		5 1,2			1,2,6	3-6 growing and changing
1RI 5	Developing a sense of themselves, in the context of families, friends and communities.	2,4 3	1,6			1,2,5,6	
1RI 6	Recognising how people value different things and have different families, friends and communities.		1,2,5			1,6	
1RI 7	Experiencing inclusive behaviours, language and role modelling that show respect for others, whatever their gender.	5,6	2,3,4,5,6		1,5		
1RI 8	Recognising learners' rights to be treated fairly, kindly and with respect.	1,2,3,4,5,6	3,5	3		5	

Phase 1 From age 3 the learning supports:		Relationships and Identity Jigsaw Ages 6-7					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1RI 1	Ability to act with kindness, empathy and compassion in interactions with others immediate to them including family, friendship and peer relationships.		3,4,5,6			3,6 1,2,4	
1RI 2	An awareness of how to communicate wants and needs in relationships, and begin to respect those of others.	2	4,6	4,5		2,3 1,4,5	
1RI 3	Awareness of how needs relate to rights.	2,3,4,5,6					
1RI 4	Awareness of the diversity of families and relationships, including friendship and peer relationships, and why these are important.		1,2,5 3,6			1,3,5,6 2	
1RI 5	Developing a sense of themselves, in the context of families, friends and communities.	1,6 3,4,5	1,2 3,4,5,6	5		1,3,5,6 4	
1RI 6	Recognising how people value different things and have different families, friends and communities.		1 5,6			1,5,6	
1RI 7	Experiencing inclusive behaviours, language and role modelling that show respect for others, whatever their gender.	4 1,5	1,2,3,4,5,6			3 1,5,6	4
1RI 8	Recognising learners' rights to be treated fairly, kindly and with respect.	1,2,3,4,5,6	3,4 2,6	3,4		3	

Phase 2 From age 7 the learning supports:		Relationships and Identity Jigsaw Ages 7-8					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
2RI 1	Ability to form and maintain relationships which are equitable, respectful and kind with a range of others.	1,5	2,3,4,5,6	2,3		2,6	
2RI 2	How understanding and use of effective communication, decision-making, managing conflict and refusal skills are part of ensuring your own and others rights and part of friendships and relationships.	1,3,4,6	2,3,4,5,6	2,3		2	
2RI 3	Recognition of the characteristics of different families, friendship and peer relationships and the diversity of these.	1,3,4	1,4,5,6			1,2,5,6	5
2RI 4	Understanding positive behaviours in relationships and what can happen when relationships breakdown.	4	2,4,5,6			2	
2RI 5	An awareness of how families, relationships and parenting are shaped by social and cultural norms and laws that have changed over time.	4 opportunities for inserting discussion	1 2			1 family roles could be extended 5 (overseas relationships, roles and expectations)	
2RI 6	Recognising how people's relationships with others shape who they are and their happiness.	4	1,4,5,6				
2RI 7	An awareness of how identity can be expressed in different ways.	4 1,5	1,2,3,4,5,6			3 1,5,6	4
2RI 8	Valuing and recognising the contributions of everyone; and the importance of sex and gender equality.	1,2,3	1,2,3,4,5,6	2,3		1	

2RI 9	Recognise and know how to safely respond to and challenge gender and sexual stereotypes and unfair behaviour.	5 disability	1,3,4,5			1	5
2RI 10	An awareness of how positive and negative social and cultural norms regarding sex, gender and sexuality influence relationships and behaviours	5 disability	1,3,4			1	5





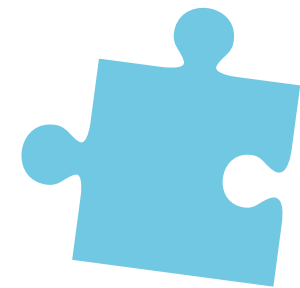
Phase 2 From age 7 the learning supports:		Relationships and Identity Jigsaw Ages 8-9					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
2RI 1	Ability to form and maintain relationships which are equitable, respectful and kind with a range of others.	1,4	3,4,6	5,6	1,2,3,5,6	1,2,4	
2RI 2	How understanding and use of effective communication, decision-making, managing conflict and refusal skills are part of ensuring your own and others rights and part of friendships and relationships.	4,5	3,4	5,6	2,3,4,5	1,4	
2RI 3	Recognition of the characteristics of different families, friendship and peer relationships and the diversity of these.	1,2,3,4,5		5,6	1,2,3	1,2,4,5,6	4,6
2RI 4	Understanding positive behaviours in relationships and what can happen when relationships breakdown.	1	3,4		2,3,4,5,6	4,6	6
2RI 5	An awareness of how families, relationships and parenting are shaped by social and cultural norms and laws that have changed over time.		6			5 opportunities for inserting discussion	4 opportunities for inserting discussion
2RI 6	Recognising how people's relationships with others shape who they are and their happiness.	1,4,6	3,6		2,3,5	2,3,4,6	4, 5
2RI 7	An awareness of how identity can be expressed in different ways.		1, 5		2,3	5	
2RI 8	Valuing and recognising the contributions of everyone; and the importance of sex and gender equality.	1,2,3,4,5,6		5,6		5	

2RI 9	Recognise and know how to safely respond to and challenge gender and sexual stereotypes and unfair behaviour.	1	1,2,6			5	
2RI 10	An awareness of how positive and negative social and cultural norms regarding sex, gender and sexuality influence relationships and behaviours		1,2				



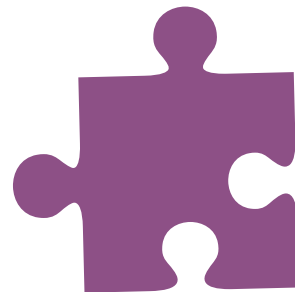
Phase 2 From age 7 the learning supports:		Relationships and Identity Jigsaw Ages 9-10					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships online focus 9-10	Changing Me
2RI 1	Ability to form and maintain relationships which are equitable, respectful and kind with a range of others.	2,3,5,6	1,2,3			3	
2RI 2	How understanding and use of effective communication, decision-making, managing conflict and refusal skills are part of ensuring your own and others rights and part of friendships and relationships.	4,5,6	2		1,2	4,6	
2RI 3	Recognition of the characteristics of different families, friendship and peer relationships and the diversity of these.	4,5	1,3,5,6		1,2	3,6	5
2RI 4	Understanding positive behaviours in relationships and what can happen when relationships breakdown.	5	4		2		
2RI 5	An awareness of how families, relationships and parenting are shaped by social and cultural norms and laws that have changed over time.		1				
2RI 6	Recognising how people's relationships with others shape who they are and their happiness.	6	4				
2RI 7	An awareness of how identity can be expressed in different ways.	3??	1,2,6		4,5	1	1
2RI 8	Valuing and recognising the contributions of everyone; and the importance of sex and gender equality.	2,4,6	1,2,3	2			

2RI 9	Recognise and know how to safely respond to and challenge gender and sexual stereotypes and unfair behaviour.	2,3	1,2,3,4,5				
2RI 10	An awareness of how positive and negative social and cultural norms regarding sex, gender and sexuality influence relationships and behaviours		1,3		4		



Phase 2 From age 7 the learning supports:		Relationships and Identity Jigsaw Ages 10-11					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
2RI 1	Ability to form and maintain relationships which are equitable, respectful and kind with a range of others.	3,5	3,6	4,5,6		4,6	4,4a
2RI 2	How understanding and use of effective communication, decision-making, managing conflict and refusal skills are part of ensuring your own and others rights and part of friendships and relationships.	3	3,4	4,5,6	3,4	2,4,5,6	4,4a
2RI 3	Recognition of the characteristics of different families, friendship and peer relationships and the diversity of these.	3,5,6	3,6	6	4	4,6	4,4a
2RI 4	Understanding positive behaviours in relationships and what can happen when relationships breakdown.		3,4	6	4	3,4,5	4
2RI 5	An awareness of how families, relationships and parenting are shaped by social and cultural norms and laws that have changed over time.	2 opportunity to discuss cultural norms for children in other countries	1 opportunity to discuss cultural norms 2				
2RI 6	Recognising how people's relationships with others shape who they are and their happiness.	3	2		3,4	2,3,4,5	4
2RI 7	An awareness of how identity can be expressed in different ways.		2,6		4	2	1,4a,5
2RI 8	Valuing and recognising the contributions of everyone; and the importance of sex and gender equality.	3	1,5,6	4,5,6			

2RI 9	Recognise and know how to safely respond to and challenge gender and sexual stereotypes and unfair behaviour.		2,4,6				1
2RI 10	An awareness of how positive and negative social and cultural norms regarding sex, gender and sexuality influence relationships and behaviours		1,2,6				1,5



## Relationships and Identity

Phase 3 From age 11 the learning supports:		Relationships and Identity Jigsaw Ages 11-12					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
3RI 1	Understanding the positive and negative characteristics and healthy or unhealthy aspects of a range of relationships including family, friendship, romantic and sexual.					1,2,4	
3RI 2	Ability to develop and understand the importance of equity, mutual respect, and affection in relationships with others.	1,2	1,2			1,2,4,5	
3RI 3	Understanding and use of effective communication, decision making, managing and resolving conflict, and refusal skills in a range of different contexts and types of relationships, offline and online, including intimate relationships.	4,5,6	2,3,4,5			3,4,5	
3RI 4	Understanding how to speak out about harmful behaviours directed at them or others.		1,2,5			5	
3RI 5	Understanding how the diversity of relationships including marriage, and all types of civil partnership, has changed over time, and how relationships are positively and negatively impacted by social and cultural norms and laws in different ways around the world.		4				
3RI 6	Understanding how rights need to be balanced in a diverse society; the characteristics, benefits and challenges of living in a diverse society; and how and why attitudes have changed and are changing including towards gender and sexuality diversity.		4				

<b>3RI 7</b>	An ability to advocate for and advance the rights of all and understand and respect all people in relation to sex, gender and sexuality.		<b>1,4</b>			<b>1,2,5</b>	
<b>3RI 8</b>	Understanding how the law and human rights secure freedoms around sex, gender and sexuality and how these can differ in other countries and over time.		<b>4</b>				<b>1</b>
<b>3RI 9</b>	Ability to critically explore and understand how a range of social, cultural and religious norms and influences about relationships, sex, gender and sexuality can shape perceptions and our well-being and can be both positive and harmful.					<b>4,5</b>	<b>1</b>



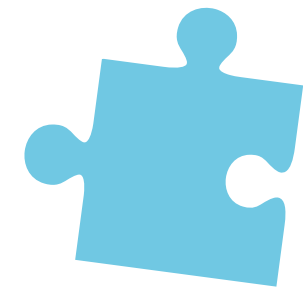
Phase 3 From age 11 the learning supports:		Relationships and Identity Jigsaw Ages 11-12					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
3RI 1	Understanding the positive and negative characteristics and healthy or unhealthy aspects of a range of relationships including family, friendship, romantic and sexual.					1,2,4	
3RI 2	Ability to develop and understand the importance of equity, mutual respect, and affection in relationships with others.	1,2	1,2			1,2,4,5	
3RI 3	Understanding and use of effective communication, decision making, managing and resolving conflict, and refusal skills in a range of different contexts and types of relationships, offline and online, including intimate relationships.	4,5,6	2,3,4,5			3,4,5	
3RI 4	Understanding how to speak out about harmful behaviours directed at them or others.		1,2,5			5	
3RI 5	Understanding how the diversity of relationships including marriage, and all types of civil partnership, has changed over time, and how relationships are positively and negatively impacted by social and cultural norms and laws in different ways around the world.		4				
3RI 6	Understanding how rights need to be balanced in a diverse society; the characteristics, benefits and challenges of living in a diverse society; and how and why attitudes have changed and are changing including towards gender and sexuality diversity.		4				

<b>3RI 7</b>	An ability to advocate for and advance the rights of all and understand and respect all people in relation to sex, gender and sexuality.		<b>1,4</b>			<b>1,2,5</b>	
<b>3RI 8</b>	Understanding how the law and human rights secure freedoms around sex, gender and sexuality and how these can differ in other countries and over time.		<b>4</b>				<b>1</b>
<b>3RI 9</b>	Ability to critically explore and understand how a range of social, cultural and religious norms and influences about relationships, sex, gender and sexuality can shape perceptions and our well-being and can be both positive and harmful.					<b>4,5</b>	<b>1</b>



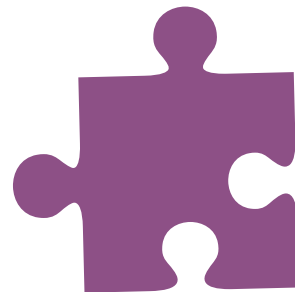
Phase 3 From age 11 the learning supports:		Relationships and Identity Jigsaw Ages 13-14					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
3RI 1	Understanding the positive and negative characteristics and healthy or unhealthy aspects of a range of relationships including family, friendship, romantic and sexual.	1,2,4,5	4,5			1,2	
3RI 2	Ability to develop and understand the importance of equity, mutual respect, and affection in relationships with others.	1,2,4,5	1,3,4			1,2	
3RI 3	Understanding and use of effective communication, decision making, managing and resolving conflict, and refusal skills in a range of different contexts and types of relationships, offline and online, including intimate relationships.	1,2,4,5	3,4,5			1,2	
3RI 4	Understanding how to speak out about harmful behaviours directed at them or others.	1,2,5	1,2,5			2	
3RI 5	Understanding how the diversity of relationships including marriage, and all types of civil partnership, has changed over time, and how relationships are positively and negatively impacted by social and cultural norms and laws in different ways around the world.	3,4,5	2			3	
3RI 6	Understanding how rights need to be balanced in a diverse society; the characteristics, benefits and challenges of living in a diverse society; and how and why attitudes have changed and are changing including towards gender and sexuality diversity.	1	2,6			3	

<b>3RI 7</b>	An ability to advocate for and advance the rights of all and understand and respect all people in relation to sex, gender and sexuality.	<b>2,5</b>	<b>1,2,6</b>				
<b>3RI 8</b>	Understanding how the law and human rights secure freedoms around sex, gender and sexuality and how these can differ in other countries and over time.		<b>1,2,5,6</b>				
<b>3RI 9</b>	Ability to critically explore and understand how a range of social, cultural and religious norms and influences about relationships, sex, gender and sexuality can shape perceptions and our well-being and can be both positive and harmful.	<b>1,2,5</b>	<b>1,2,5,6</b>			<b>3</b>	



Phase 3 From age 11 the learning supports:		Relationships and Identity Jigsaw Ages 14-15					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
3RI 1	Understanding the positive and negative characteristics and healthy or unhealthy aspects of a range of relationships including family, friendship, romantic and sexual.	6				2	4,6
3RI 2	Ability to develop and understand the importance of equity, mutual respect, and affection in relationships with others.	6				2,3	
3RI 3	Understanding and use of effective communication, decision making, managing and resolving conflict, and refusal skills in a range of different contexts and types of relationships, offline and online, including intimate relationships.	4,6				2,5	6
3RI 4	Understanding how to speak out about harmful behaviours directed at them or others.	4	2,5				4
3RI 5	Understanding how the diversity of relationships including marriage, and all types of civil partnership, has changed over time, and how relationships are positively and negatively impacted by social and cultural norms and laws in different ways around the world.	6				1,4	3,4,6
3RI 6	Understanding how rights need to be balanced in a diverse society; the characteristics, benefits and challenges of living in a diverse society; and how and why attitudes have changed and are changing including towards gender and sexuality diversity.	1,6				4	3,4,6

<b>3RI 7</b>	An ability to advocate for and advance the rights of all and understand and respect all people in relation to sex, gender and sexuality.	<b>1</b>	<b>2</b>				<b>3,4</b>
<b>3RI 8</b>	Understanding how the law and human rights secure freedoms around sex, gender and sexuality and how these can differ in other countries and over time.	<b>1</b>				<b>4</b>	<b>3,4</b>
<b>3RI 9</b>	Ability to critically explore and understand how a range of social, cultural and religious norms and influences about relationships, sex, gender and sexuality can shape perceptions and our well-being and can be both positive and harmful.	<b>1,6</b>				<b>4</b>	<b>3,4</b>



Phase 3 From age 11 the learning supports:		Relationships and Identity Jigsaw Ages 15-16					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
3RI 1	Understanding the positive and negative characteristics and healthy or unhealthy aspects of a range of relationships including family, friendship, romantic and sexual.	2,6				1,2,4,5	
3RI 2	Ability to develop and understand the importance of equity, mutual respect, and affection in relationships with others.					1,2,3,4,5	
3RI 3	Understanding and use of effective communication, decision making, managing and resolving conflict, and refusal skills in a range of different contexts and types of relationships, offline and online, including intimate relationships.					1,4	
3RI 4	Understanding how to speak out about harmful behaviours directed at them or others.	2,6				1,4,5	
3RI 5	Understanding how the diversity of relationships including marriage, and all types of civil partnership, has changed over time, and how relationships are positively and negatively impacted by social and cultural norms and laws in different ways around the world.	2		4		1,2,5	
3RI 6	Understanding how rights need to be balanced in a diverse society; the characteristics, benefits and challenges of living in a diverse society; and how and why attitudes have changed and are changing including towards gender and sexuality diversity.					1,2,3,5	

3RI 7	An ability to advocate for and advance the rights of all and understand and respect all people in relation to sex, gender and sexuality.	2			6	1,2,3,4,5	
3RI 8	Understanding how the law and human rights secure freedoms around sex, gender and sexuality and how these can differ in other countries and over time.	1,2				1,2,3,4,5	
3RI 9	Ability to critically explore and understand how a range of social, cultural and religious norms and influences about relationships, sex, gender and sexuality can shape perceptions and our well-being and can be both positive and harmful.	2,3				1,2,3,4,5	





## Sexual Health and Wellbeing

Phase 1 From age 3 the learning supports:		Sexual Health and Wellbeing Jigsaw Ages 3-4					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1SHWB1	The use of accurate terminology for all body parts.				1		1
1SHWB2	An awareness of the human life cycle and that reproduction is a part of life.						3,4
1SHWB3	Awareness of how human bodies change as they grow.						3,4
1SHWB4	An awareness of the importance of personal self-care and hygiene.				3,4,5 2		2
1SHWB5	A recognition that everyone's body is unique and special to them.		2		3,4		1,2,3,4
1SHWB6	Awareness of the different feelings one can have, recognising other people's feelings and how these may differ to your own.	3,4,5	2			2	4
1SHWB7	Recognising trusted adults who can help them and whom they can talk to and ask questions of, especially when they feel unhappy or unsafe.				6		

Phase 1 From age 3 the learning supports:		Sexual Health and Wellbeing Jigsaw Ages 4-5					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1SHWB1	The use of accurate terminology for all body parts.						1
1SHWB2	An awareness of the human life cycle and that reproduction is a part of life.						3
1SHWB3	Awareness of how human bodies change as they grow.						3
1SHWB4	An awareness of the importance of personal self-care and hygiene.				1,2,3,5 4		2
1SHWB5	A recognition that everyone's body is unique and special to them.		2		1,2,3,4		1,2,
1SHWB6	Awareness of the different feelings one can have, recognising other people's feelings and how these may differ to your own.	2	2				4
1SHWB7	Recognising trusted adults who can help them and whom they can talk to and ask questions of, especially when they feel unhappy or unsafe.				6		



Phase 1 From age 3 the learning supports:		Sexual Health and Wellbeing Jigsaw Ages 5-6					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1SHWB1	The use of accurate terminology for all body parts.						4
1SHWB2	An awareness of the human life cycle and that reproduction is a part of life.						1,2,3 6
1SHWB3	Awareness of how human bodies change as they grow.						1,2,3
1SHWB4	An awareness of the importance of personal self-care and hygiene.				3,6 1,2,4	3	2
1SHWB5	A recognition that everyone's body is unique and special to them.				3,6 2,4	3	4
1SHWB6	Awareness of the different feelings one can have, recognising other people's feelings and how these may differ to your own.					3	6
1SHWB7	Recognising trusted adults who can help them and whom they can talk to and ask questions of, especially when they feel unhappy or unsafe.		4,5		4,5	4	4 modelling ways of discussing personal parts of the body

Phase 1 From age 3 the learning supports:		Sexual Health and Wellbeing Jigsaw Ages 6-7					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1SHWB1	The use of accurate terminology for all body parts.						4
1SHWB2	An awareness of the human life cycle and that reproduction is a part of life.						1,2,3
1SHWB3	Awareness of how human bodies change as they grow.						1,2,3
1SHWB4	An awareness of the importance of personal self-care and hygiene.				1-6 all about self care - sleep, food, medicine		
1SHWB5	A recognition that everyone's body is unique and special to them.				3	2	2
1SHWB6	Awareness of the different feelings one can have, recognising other people's feelings and how these may differ to your own.		5			2 6	5 1
1SHWB7	Recognising trusted adults who can help them and whom they can talk to and ask questions of, especially when they feel unhappy or unsafe.		4		3	2,4,5,6	5



Phase 2 From age 7 the learning supports:		Sexual Health and Wellbeing Jigsaw Ages 7-8					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
2SHWB1	Knowledge and understanding of how reproductive organs develop in a human body. This includes understanding fertility and the processes of reproduction, including what supports menstrual health and well-being.						1,2,3,4
2SHWB2	Recognising the process of pregnancy and birth.						1,4
2SHWB3	The knowledge and understanding of how people experience significant physical, emotional, social and cognitive changes during puberty.						2,4
2SHWB4	The knowledge and skills needed to manage personal self-care and hygiene, including the importance of menstrual well-being.				1-3 exercise and drugs		
2SHWB5	An awareness that there are many different sources of information offline and online that help us learn about our bodies and affect how we feel about our body and other people's bodies.						
2SHWB6	Awareness of how people can feel attracted to others as they mature and how this can lead to emotional and physical responses.		3 1 as part of looking at different families				
2SHWB7	Be able to identify trustworthy sources of information and able to raise issues and questions with trusted adults.		3		4		2

Phase 2 From age 7 the learning supports:		Sexual Health and Wellbeing Jigsaw Ages 8-9					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
2SHWB1	Knowledge and understanding of how reproductive organs develop in a human body. This includes understanding fertility and the processes of reproduction, including what supports menstrual health and well-being.						2,3
2SHWB2	Recognising the process of pregnancy and birth.						2
2SHWB3	The knowledge and understanding of how people experience significant physical, emotional, social and cognitive changes during puberty.					5	3,5
2SHWB4	The knowledge and skills needed to manage personal self-care and hygiene, including the importance of menstrual well-being.				3&4 self care with alcohol and tobacco		3
2SHWB5	An awareness that there are many different sources of information offline and online that help us learn about our bodies and affect how we feel about our body and other people's bodies.						2,3
2SHWB6	Awareness of how people can feel attracted to others as they mature and how this can lead to emotional and physical responses.						4
2SHWB7	Be able to identify trustworthy sources of information and able to raise issues and questions with trusted adults.						2,3

Phase 2 From age 7 the learning supports:		Sexual Health and Wellbeing Jigsaw Ages 9-10					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
2SHWB1	Knowledge and understanding of how reproductive organs develop in a human body. This includes understanding fertility and the processes of reproduction, including what supports menstrual health and well-being.						2,3,4
2SHWB2	Recognising the process of pregnancy and birth.						2,4
2SHWB3	The knowledge and understanding of how people experience significant physical, emotional, social and cognitive changes during puberty.						2,3,4,5
2SHWB4	The knowledge and skills needed to manage personal self-care and hygiene, including the importance of menstrual well-being.				1&2 smoking and alcohol 5&6 food and healthy choices		2,3,4
2SHWB5	An awareness that there are many different sources of information offline and online that help us learn about our bodies and affect how we feel about our body and other people's bodies.				5,6		2,3
2SHWB6	Awareness of how people can feel attracted to others as they mature and how this can lead to emotional and physical responses.						3,5
2SHWB7	Be able to identify trustworthy sources of information and able to raise issues and questions with trusted adults.		3		3,4	3	2,3

Phase 2 From age 7 the learning supports:		Sexual Health and Wellbeing Jigsaw Ages 10-11					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
2SHWB1	Knowledge and understanding of how reproductive organs develop in a human body. This includes understanding fertility and the processes of reproduction, including what supports menstrual health and well-being.						2,3
2SHWB2	Recognising the process of pregnancy and birth.						3
2SHWB3	The knowledge and understanding of how people experience significant physical, emotional, social and cognitive changes during puberty.					2	2,4
2SHWB4	The knowledge and skills needed to manage personal self-care and hygiene, including the importance of menstrual well-being.				1		2
2SHWB5	An awareness that there are many different sources of information offline and online that help us learn about our bodies and affect how we feel about our body and other people's bodies.				1		
2SHWB6	Awareness of how people can feel attracted to others as they mature and how this can lead to emotional and physical responses.						2,4
2SHWB7	Be able to identify trustworthy sources of information and able to raise issues and questions with trusted adults.	5	3,4		1,2,3	1	4



## Sexual Health and Wellbeing

Phase 3 From age 11 the learning supports:		Sexual Health and Wellbeing Ages 11-12					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
3SHWB1	Understanding how fertility, sexual function and menstrual health and well-being can change across the life course and how to find information and support when needed.						1,2
3SHWB2	The knowledge and understanding of how hormones continue to affect emotional and physical health throughout adulthood.						2,4
3SHWB3	Understanding how contraception can assist with reproductive choices, including awareness of abortion.						
3SHWB4	Understanding of good sexual and reproductive health, including the range of risks and outcomes from sexual experiences and the knowledge needed to support informed decisions about sexual activity and about reproductive choices.						
3SHWB5	The knowledge and understanding of the causes, symptoms and impact of conditions connected to sexual and reproductive health and to fertility, including sexually transmitted infections, HIV and reproductive cancers.						
3SHWB6	Understanding and skills needed to minimise risks and seek help.						

3SHWB7	Critically engaging with positive and negative representations of a diversity of bodies, including through various forms of media and understanding that these can be unrealistic and harmful.						
3SHWB8	Understanding how all are entitled to safe and pleasurable relationships and recognising the role consensual sexual activity plays within healthy relationships.					1	
3SHWB9	Understanding the legal age of consent.					1	
3SHWB10	Recognise and be able to use a range of support services to access information and support around relationships, health and well-being and safety.					(Signpost information in every lesson)	

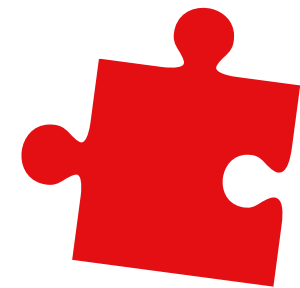
Phase 3 From age 11 the learning supports:		Sexual Health and Wellbeing Ages 12-13					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
3SHWB1	Understanding how fertility, sexual function and menstrual health and well-being can change across the life course and how to find information and support when needed.						
3SHWB2	The knowledge and understanding of how hormones continue to affect emotional and physical health throughout adulthood.						3
3SHWB3	Understanding how contraception can assist with reproductive choices, including awareness of abortion.						
3SHWB4	Understanding of good sexual and reproductive health, including the range of risks and outcomes from sexual experiences and the knowledge needed to support informed decisions about sexual activity and about reproductive choices.						
3SHWB5	The knowledge and understanding of the causes, symptoms and impact of conditions connected to sexual and reproductive health and to fertility, including sexually transmitted infections, HIV and reproductive cancers.						
3SHWB6	Understanding and skills needed to minimise risks and seek help.						

<b>3SHWB7</b>	Critically engaging with positive and negative representations of a diversity of bodies, including through various forms of media and understanding that these can be unrealistic and harmful.	<b>4</b>				<b>1</b>	
<b>3SHWB8</b>	Understanding how all are entitled to safe and pleasurable relationships and recognising the role consensual sexual activity plays within healthy relationships.						
<b>3SHWB9</b>	Understanding the legal age of consent.						
<b>3SHWB10</b>	Recognise and be able to use a range of support services to access information and support around relationships, health and well-being and safety.					<b>1,2,4,6</b>	



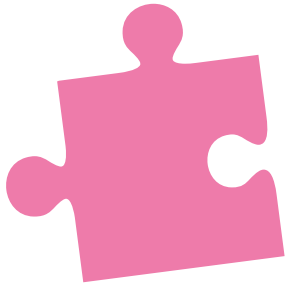
Phase 3 From age 11 the learning supports:		Sexual Health and Wellbeing Ages 13-14					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
3SHWB1	Understanding how fertility, sexual function and menstrual health and well-being can change across the life course and how to find information and support when needed.						
3SHWB2	The knowledge and understanding of how hormones continue to affect emotional and physical health throughout adulthood.						5
3SHWB3	Understanding how contraception can assist with reproductive choices, including awareness of abortion.					4,5,6	
3SHWB4	Understanding of good sexual and reproductive health, including the range of risks and outcomes from sexual experiences and the knowledge needed to support informed decisions about sexual activity and about reproductive choices.					4,5,6	
3SHWB5	The knowledge and understanding of the causes, symptoms and impact of conditions connected to sexual and reproductive health and to fertility, including sexually transmitted infections, HIV and reproductive cancers.					5,6	
3SHWB6	Understanding and skills needed to minimise risks and seek help.					4,5,6	

<b>3SHWB7</b>	Critically engaging with positive and negative representations of a diversity of bodies, including through various forms of media and understanding that these can be unrealistic and harmful.					<b>3</b>	
<b>3SHWB8</b>	Understanding how all are entitled to safe and pleasurable relationships and recognising the role consensual sexual activity plays within healthy relationships.					<b>5,6</b>	
<b>3SHWB9</b>	Understanding the legal age of consent.					<b>2,4,5,6</b>	
<b>3SHWB10</b>	Recognise and be able to use a range of support services to access information and support around relationships, health and well-being and safety.					<b>4,5,6</b>	



Phase 3 From age 11 the learning supports:		Sexual Health and Wellbeing Ages 14-15					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
3SHWB1	Understanding how fertility, sexual function and menstrual health and well-being can change across the life course and how to find information and support when needed.						
3SHWB2	The knowledge and understanding of how hormones continue to affect emotional and physical health throughout adulthood.					1	
3SHWB3	Understanding how contraception can assist with reproductive choices, including awareness of abortion.						
3SHWB4	Understanding of good sexual and reproductive health, including the range of risks and outcomes from sexual experiences and the knowledge needed to support informed decisions about sexual activity and about reproductive choices.						
3SHWB5	The knowledge and understanding of the causes, symptoms and impact of conditions connected to sexual and reproductive health and to fertility, including sexually transmitted infections, HIV and reproductive cancers.						
3SHWB6	Understanding and skills needed to minimise risks and seek help.						

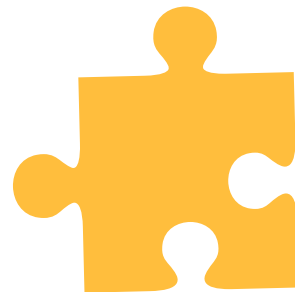
3SHWB7	Critically engaging with positive and negative representations of a diversity of bodies, including through various forms of media and understanding that these can be unrealistic and harmful.	3,4					
3SHWB8	Understanding how all are entitled to safe and pleasurable relationships and recognising the role consensual sexual activity plays within healthy relationships.					3	
3SHWB9	Understanding the legal age of consent.						
3SHWB10	Recognise and be able to use a range of support services to access information and support around relationships, health and well-being and safety.					2	





Phase 3 From age 11 the learning supports:		Sexual Health and Wellbeing Ages 15-16					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
3SHWB1	Understanding how fertility, sexual function and menstrual health and well-being can change across the life course and how to find information and support when needed.						
3SHWB2	The knowledge and understanding of how hormones continue to affect emotional and physical health throughout adulthood.						
3SHWB3	Understanding how contraception can assist with reproductive choices, including awareness of abortion.				4		
3SHWB4	Understanding of good sexual and reproductive health, including the range of risks and outcomes from sexual experiences and the knowledge needed to support informed decisions about sexual activity and about reproductive choices.				5,6		
3SHWB5	The knowledge and understanding of the causes, symptoms and impact of conditions connected to sexual and reproductive health and to fertility, including sexually transmitted infections, HIV and reproductive cancers.				2,6		
3SHWB6	Understanding and skills needed to minimise risks and seek help.				6		

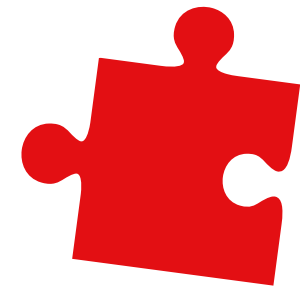
<b>3SHWB7</b>	Critically engaging with positive and negative representations of a diversity of bodies, including through various forms of media and understanding that these can be unrealistic and harmful.	<b>4</b>					
<b>3SHWB8</b>	Understanding how all are entitled to safe and pleasurable relationships and recognising the role consensual sexual activity plays within healthy relationships.				<b>6</b>		
<b>3SHWB9</b>	Understanding the legal age of consent.	<b>2</b>		<b>3</b>			
<b>3SHWB10</b>	Recognise and be able to use a range of support services to access information and support around relationships, health and well-being and safety.				<b>6</b>		



## Empowerment, Safety and Respect

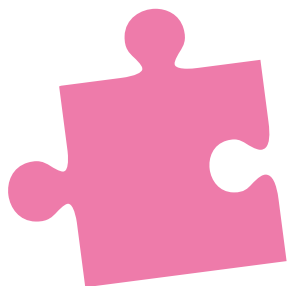
Phase 1 From age 3 the learning supports:		Empowerment, Safety and Respect Jigsaw Ages 3-4					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1ESR1	Recognising harmful behaviour including behaviours which are discriminatory and the right to be free from discrimination.	4,5,6	6		6	4	
1ESR2	Ability to interact with others in a way that is fair.	3,4,5	6			2,3,4,5	
1ESR3	Recognising the right to be free from harmful, abusive and bullying behaviour.	5	6			2,3,4,5	
1ESR4	An awareness of how to recognise positive and harmful behaviours, including bullying.	3,4,5	6 5		6	4,5, 6 2,3	
1ESR5	Ability to share with a trusted adult when faced with harmful behaviours.				6	4	
1ESR6	<i>(Phases 1 and 2 include pre-requisite knowledge and skills for understanding the learning on consent at phase 3)</i> Beginning to recognise that other people have thoughts, feelings and opinions that are different.	3 Throughout Jigsaw in discussing and sharing ideas, respecting views, modelling respectful listening	1,2				
1ESR7	<i>(Phases 1 and 2 include pre-requisite knowledge and skills for understanding the learning on consent at phase 3)</i> An awareness of the need to seek agreement in order to share, for example toys.	3	5			2,3	

1ESR8	<i>(Phases 1 and 2 include pre-requisite knowledge and skills for understanding the learning on consent at phase 3)</i> An awareness of everyone's right to privacy, personal boundaries and which parts of the body are private.						1
1ESR9	<i>(Phases 1 and 2 include pre-requisite knowledge and skills for understanding the learning on consent at phase 3)</i> Ability to communicate if someone is touching them in a way that makes them feel uncomfortable.	4	6		6	4	1
1ESR10	Awareness of how to keep safe when using digital media, including sharing with a trusted adult when they feel uncomfortable or scared.				6		
1ESR11	An awareness that everyone has the right to be safe and no one is allowed to harm anyone else.	4,5	6		6		
1ESR12	Ability to speak up for each other.						



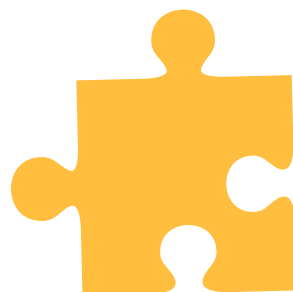
Phase 1 From age 3 the learning supports:		Empowerment, Safety and Respect Jigsaw Ages 4-5					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1ESR1	Recognising harmful behaviour including behaviours which are discriminatory and the right to be free from discrimination.	4,5	6		6	4	
1ESR2	Ability to interact with others in a way that is fair.	3,4	5,6			2,3,6	
1ESR3	Recognising the right to be free from harmful, abusive and bullying behaviour.	4,5	6		6	4 3	
1ESR4	An awareness of how to recognise positive and harmful behaviours, including bullying.	4	5,6			2,4 3	
1ESR5	Ability to share with a trusted adult when faced with harmful behaviours.				6	4	
1ESR6	<i>(Phases 1 and 2 include pre-requisite knowledge and skills for understanding the learning on consent at phase 3)</i> Beginning to recognise that other people have thoughts, feelings and opinions that are different.	3 Throughout Jigsaw in discussing and sharing ideas, respecting views, modelling respectful listening	1,2			6	
1ESR7	<i>(Phases 1 and 2 include pre-requisite knowledge and skills for understanding the learning on consent at phase 3)</i> An awareness of the need to seek agreement in order to share, for example toys.	3 5				3	

<b>1ESR8</b>	<i>(Phases 1 and 2 include pre-requisite knowledge and skills for understanding the learning on consent at phase 3)</i> An awareness of everyone's right to privacy, personal boundaries and which parts of the body are private.				<b>6</b>		<b>1</b>
<b>1ESR9</b>	<i>(Phases 1 and 2 include pre-requisite knowledge and skills for understanding the learning on consent at phase 3)</i> Ability to communicate if someone is touching them in a way that makes them feel uncomfortable.		<b>6</b>				<b>1</b> – discussion of body parts – basic block for later learning
<b>1ESR10</b>	Awareness of how to keep safe when using digital media, including sharing with a trusted adult when they feel uncomfortable or scared.						
<b>1ESR11</b>	An awareness that everyone has the right to be safe and no one is allowed to harm anyone else.	<b>4,5</b>	<b>6</b>		<b>6</b>		
<b>1ESR12</b>	Ability to speak up for each other.	<b>3</b>	<b>6</b>				



Phase 1 From age 3 the learning supports:		Empowerment, Safety and Respect Jigsaw Ages 5-6					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1ESR1	Recognising harmful behaviour including behaviours which are discriminatory and the right to be free from discrimination.	4 3,5,6	3,4 5				
1ESR2	Ability to interact with others in a way that is fair.	3,5,6	3			3	
1ESR3	Recognising the right to be free from harmful, abusive and bullying behaviour.		3,4				
1ESR4	An awareness of how to recognise positive and harmful behaviours, including bullying.		3,4				
1ESR5	Ability to share with a trusted adult when faced with harmful behaviours.		4		4 5	4	
1ESR6	<i>(Phases 1 and 2 include pre-requisite knowledge and skills for understanding the learning on consent at phase 3)</i> Beginning to recognise that other people have thoughts, feelings and opinions that are different.	3 Throughout Jigsaw in discussing and sharing ideas, respecting views, modelling respectful listening	2,6			3	
1ESR7	<i>(Phases 1 and 2 include pre-requisite knowledge and skills for understanding the learning on consent at phase 3)</i> An awareness of the need to seek agreement in order to share, for example toys.					3	4

<b>1ESR8</b>	<i>(Phases 1 and 2 include pre-requisite knowledge and skills for understanding the learning on consent at phase 3)</i> An awareness of everyone's right to privacy, personal boundaries and which parts of the body are private.					<b>3</b>	<b>4</b>
<b>1ESR9</b>	<i>(Phases 1 and 2 include pre-requisite knowledge and skills for understanding the learning on consent at phase 3)</i> Ability to communicate if someone is touching them in a way that makes them feel uncomfortable.		<b>4</b>			<b>3</b> <b>4</b>	<b>4</b>
<b>1ESR10</b>	Awareness of how to keep safe when using digital media, including sharing with a trusted adult when they feel uncomfortable or scared.		<b>4</b>				
<b>1ESR11</b>	An awareness that everyone has the right to be safe and no one is allowed to harm anyone else.	<b>5,6</b>	<b>3,4</b>			<b>3</b> <b>4</b>	
<b>1ESR12</b>	Ability to speak up for each other.		<b>4</b>				





Phase 1 From age 3 the learning supports:		Empowerment, Safety and Respect Jigsaw Ages 6-7					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1ESR1	Recognising harmful behaviour including behaviours which are discriminatory and the right to be free from discrimination.	2,3	2,3,4,5,6			2	
1ESR2	Ability to interact with others in a way that is fair.	2,3,4,5,6	3,4	5		3,4	
1ESR3	Recognising the right to be free from harmful, abusive and bullying behaviour.	2	3,4,5,6			2 6	
1ESR4	An awareness of how to recognise positive and harmful behaviours, including bullying.		3,4			2,4 6	
1ESR5	Ability to share with a trusted adult when faced with harmful behaviours.		3,4		3	2,4,5,6	5
1ESR6	<i>(Phases 1 and 2 include pre-requisite knowledge and skills for understanding the learning on consent at phase 3)</i> Beginning to recognise that other people have thoughts, feelings and opinions that are different.		4,5,6			3 4	
1ESR7	<i>(Phases 1 and 2 include pre-requisite knowledge and skills for understanding the learning on consent at phase 3)</i> An awareness of the need to seek agreement in order to share, for example toys.	2				2	

<b>1ESR8</b>	<i>(Phases 1 and 2 include pre-requisite knowledge and skills for understanding the learning on consent at phase 3)</i> An awareness of everyone's right to privacy, personal boundaries and which parts of the body are private.					<b>2,6</b>	<b>5</b>
<b>1ESR9</b>	<i>(Phases 1 and 2 include pre-requisite knowledge and skills for understanding the learning on consent at phase 3)</i> Ability to communicate if someone is touching them in a way that makes them feel uncomfortable.					<b>2,6</b>	<b>5</b>
<b>1ESR10</b>	Awareness of how to keep safe when using digital media, including sharing with a trusted adult when they feel uncomfortable or scared.					<b>4,5</b>	
<b>1ESR11</b>	An awareness that everyone has the right to be safe and no one is allowed to harm anyone else.	<b>5</b>	<b>3,4,5</b>			<b>3,6 2,4</b>	<b>5</b>
<b>1ESR12</b>	Ability to speak up for each other.		<b>4</b>			<b>4</b>	



Phase 2 From age 7 the learning supports:		Empowerment, Safety and Respect Jigsaw Ages 7-8					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
2ESR1	Understanding of the importance of fair treatment for all and of respect in all interpersonal interactions offline and online.	1,2,3	3,5,6	1,3		3,5	
2ESR2	Recognising the value of non-discriminatory behaviours and when and how to take safe action to respond to and challenge discriminatory behaviours.	3,5	3,4,5			1	5
2ESR3	Understanding of the right for everyone to be free from harm or abuse.		3,4,5		4	6	
2ESR4	An awareness of different kinds of harmful or abusive behaviour including physical, sexual, and emotional abuse and neglect, including peer on peer harassment and bullying and the role technology can play.		3,4,5				
2ESR5	How to seek support for oneself, and offer support to others.	4,5	3,4,6		3,4,5,6	3	
2ESR6	How to be a good friend and advocate for others.	2,3,5,6	3,4,5,6	2,3,6	5	6	
2ESR7	Understanding of the right to bodily privacy, personal boundaries including online.					3	3,4
2ESR8	Understanding how behaviours may be perceived by others offline and online.	6	3,5			3	

<b>2ESR9</b>	Recognising which steps to take to keep safe from harm both in offline and online friendships.		<b>3,4</b>		<b>3,4,5,6</b>	<b>3</b>	
<b>2ESR10</b>	Understanding the social and emotional norms and pressures that lead to non-consensual behaviours, friendships and relationships, for example, gender norms.		<b>3,5</b>		<b>5,6</b>	<b>1</b>	<b>5</b>
<b>2ESR11</b>	Developing the skills to build consensual behaviours and relationships and know how to safely respond, challenge and report non-consensual behaviours and relationships offline and online.		<b>3</b>		<b>5,6</b>		
<b>2ESR12</b>	Know how and when digital media can be shared safely, with permission and when it can be a source of harm.	<b>4</b>	<b>4</b>			<b>3</b>	
<b>2ESR13</b>	Awareness of the benefits and dangers of the internet and social media in forming friendships online.		<b>4</b>			<b>3</b>	
<b>2ESR14</b>	Exploring the motives behind fabricated and digitally altered media.					<b>3</b>	
<b>2ESR15</b>	An understanding of the need to keep safe online, an ability to take steps to protect themselves and an ability to share with trusted adults where something is seen that shouldn't have been, or is upsetting or uncomfortable.	<b>4</b>	<b>4</b>			<b>3</b>	
<b>2ESR16</b>	Awareness of laws in place to protect from different forms of discrimination, violence, abuse, neglect and harassment.	<b>3</b>	<b>3</b>				

Phase 2 From age 7 the learning supports:		Empowerment, Safety and Respect Jigsaw Ages 8-9					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
2ESR1	Understanding of the importance of fair treatment for all and of respect in all interpersonal interactions offline and online.	1,4	1,2,3,4		2,6		
2ESR2	Recognising the value of non-discriminatory behaviours and when and how to take safe action to respond to and challenge discriminatory behaviours.	3	1,2,6				
2ESR3	Understanding of the right for everyone to be free from harm or abuse.	1,3,6	3,4,6		2,6		
2ESR4	An awareness of different kinds of harmful or abusive behaviour including physical, sexual, and emotional abuse and neglect, including peer on peer harassment and bullying and the role technology can play.	1	3,4		2,3,5,6		
2ESR5	How to seek support for oneself, and offer support to others.	1	3,4		3		
2ESR6	How to be a good friend and advocate for others.	1	3,4,5		2,6		
2ESR7	Understanding of the right to bodily privacy, personal boundaries including online.		4			5	
2ESR8	Understanding how behaviours may be perceived by others offline and online.	6	3,4,6				
2ESR9	Recognising which steps to take to keep safe from harm both in offline and online friendships.		3,4		2,3,5,6		

<b>2ESR10</b>	Understanding the social and emotional norms and pressures that lead to non-consensual behaviours, friendships and relationships, for example, gender norms.	<b>2</b>			<b>2,3,5</b>	<b>5</b>	
<b>2ESR11</b>	Developing the skills to build consensual behaviours and relationships and know how to safely respond, challenge and report non-consensual behaviours and relationships offline and online.	<b>4</b>	<b>4</b>		<b>2,3,5</b>	<b>5</b>	
<b>2ESR12</b>	Know how and when digital media can be shared safely, with permission and when it can be a source of harm.		<b>4</b>		<b>6</b>		
<b>2ESR13</b>	Awareness of the benefits and dangers of the internet and social media in forming friendships online.		<b>3,4</b>		<b>2,6</b>		
<b>2ESR14</b>	Exploring the motives behind fabricated and digitally altered media.		<b>4</b>				
<b>2ESR15</b>	An understanding of the need to keep safe online, an ability to take steps to protect themselves and an ability to share with trusted adults where something is seen that shouldn't have been, or is upsetting or uncomfortable.		<b>3,4</b>		<b>2,6</b>		
<b>2ESR16</b>	Awareness of laws in place to protect from different forms of discrimination, violence, abuse, neglect and harassment.	<b>5,6</b>					

Phase 2 From age 9 the learning supports:		Empowerment, Safety and Respect Jigsaw Ages 9-10					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
2ESR1	Understanding of the importance of fair treatment for all and of respect in all interpersonal interactions offline and online.	2,3,4,6	1,2,3,4			2, 3, 4	4
2ESR2	Recognising the value of non-discriminatory behaviours and when and how to take safe action to respond to and challenge discriminatory behaviours.	2,3,6	1,2,3,4				
2ESR3	Understanding of the right for everyone to be free from harm or abuse.	2,3,6	2, 3, 4			2,3,4	
2ESR4	An awareness of different kinds of harmful or abusive behaviour including physical, sexual, and emotional abuse and neglect, including peer on peer harassment and bullying and the role technology can play.		1,2,3,4			2,3,4,6	
2ESR5	How to seek support for oneself, and offer support to others.	6 (offering support across whole Puzzle)	3,4		2,3	2,4,6	
2ESR6	How to be a good friend and advocate for others.	2,3	2,3,4	5,6		6	
2ESR7	Understanding of the right to bodily privacy, personal boundaries including online.					4,6	
2ESR8	Understanding how behaviours may be perceived by others offline and online.					3,4	

<b>2ESR9</b>	Recognising which steps to take to keep safe from harm both in offline and online friendships.					<b>2,3,4,6</b>	
<b>2ESR10</b>	Understanding the social and emotional norms and pressures that lead to non-consensual behaviours, friendships and relationships, for example, gender norms.					<b>2,4</b>	
<b>2ESR11</b>	Developing the skills to build consensual behaviours and relationships and know how to safely respond, challenge and report non-consensual behaviours and relationships offline and online.					<b>2,3,4,6</b>	
<b>2ESR12</b>	Know how and when digital media can be shared safely, with permission and when it can be a source of harm.					<b>2,4,6</b>	
<b>2ESR13</b>	Awareness of the benefits and dangers of the internet and social media in forming friendships online.		<b>4</b>			<b>2,3,4,5,6</b>	
<b>2ESR14</b>	Exploring the motives behind fabricated and digitally altered media.				<b>4,6</b>	<b>3,4,6</b>	<b>1,5</b>
<b>2ESR15</b>	An understanding of the need to keep safe online, an ability to take steps to protect themselves and an ability to share with trusted adults where something is seen that shouldn't have been, or is upsetting or uncomfortable.		<b>3</b>			<b>2,3,4,6</b>	
<b>2ESR16</b>	Awareness of laws in place to protect from different forms of discrimination, violence, abuse, neglect and harassment.	<b>2,3</b>	<b>2</b>		<b>2</b>	<b>2</b>	<b>5</b>



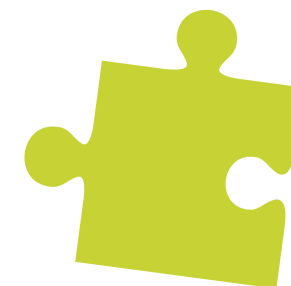
Phase 2 From age 7 the learning supports:		Empowerment, Safety and Respect Jigsaw Ages 10-11					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
2ESR1	Understanding of the importance of fair treatment for all and of respect in all interpersonal interactions offline and online.	1,2,3,5,6	1,2,4,6			5	4a
2ESR2	Recognising the value of non-discriminatory behaviours and when and how to take safe action to respond to and challenge discriminatory behaviours.		1,2,4,5,6				
2ESR3	Understanding of the right for everyone to be free from harm or abuse.	2,5,6	1,2,4,6		3,4		4
2ESR4	An awareness of different kinds of harmful or abusive behaviour including physical, sexual, and emotional abuse and neglect, including peer on peer harassment and bullying and the role technology can play.		3,6		2,3,4	4,5	
2ESR5	How to seek support for oneself, and offer support to others.		4		3,4	1,2,5,6	4
2ESR6	How to be a good friend and advocate for others.		2,4,6			2,4,6	
2ESR7	Understanding of the right to bodily privacy, personal boundaries including online.					5,6	4, 4a
2ESR8	Understanding how behaviours may be perceived by others offline and online.	5			4	5,6	4,4a

<b>2ESR9</b>	Recognising which steps to take to keep safe from harm both in offline and online friendships.		<b>4</b>		<b>2,3,4</b>	<b>4,5,6</b>	<b>4,4a</b>
<b>2ESR10</b>	Understanding the social and emotional norms and pressures that lead to non-consensual behaviours, friendships and relationships, for example, gender norms.		<b>3,4</b>		<b>2,3,4</b>	<b>4,5</b>	<b>4,4a</b>
<b>2ESR11</b>	Developing the skills to build consensual behaviours and relationships and know how to safely respond, challenge and report non-consensual behaviours and relationships offline and online.		<b>3,4</b>		<b>2,4</b>	<b>4,5</b>	<b>4</b>
<b>2ESR12</b>	Know how and when digital media can be shared safely, with permission and when it can be a source of harm.		<b>4</b>			<b>5,6</b>	<b>4</b>
<b>2ESR13</b>	Awareness of the benefits and dangers of the internet and social media in forming friendships online.		<b>4</b>			<b>2,5,6</b>	
<b>2ESR14</b>	Exploring the motives behind fabricated and digitally altered media.		<b>4</b>			<b>2,5</b>	<b>5</b>
<b>2ESR15</b>	An understanding of the need to keep safe online, an ability to take steps to protect themselves and an ability to share with trusted adults where something is seen that shouldn't have been, or is upsetting or uncomfortable.		<b>4</b>			<b>5,6</b>	<b>4,4a</b>
<b>2ESR16</b>	Awareness of laws in place to protect from different forms of discrimination, violence, abuse, neglect and harassment.	<b>2,3</b>	<b>1,2,5</b>		<b>2,3</b>		<b>4</b>

## Empowerment, Safety and Respect

Phase 3 From age 11 the learning supports:		Empowerment, Safety and Respect Jigsaw Ages 11-12					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
3ESR1	Understanding the importance of inclusivity, including for LGBTQ+ people, non-discrimination and the value of diversity in our interpersonal behaviours and relationships.	1,2	1,2,3,4			2	
3ESR2	Developing a sense of individual and social responsibility to others, including consideration of how we respond to behaviours that are discriminatory, disrespectful and harmful, offline and online.	5	1,2,4	4,5		2,3,5,6	
3ESR3	Recognising harmful, abusive or coercive behaviour in personal relationships including control, violence and sexual violence and how to respond and seek help for self and others. This includes all forms of violence based on sex, gender and sexuality.	3,5		5		2,5	1
3ESR4	Understanding of the importance of consent for safe and healthy relationships and in particular sexual relationships.	4				1,5,6	
3ESR5	Understanding of how consent can be communicated in different social contexts and relationships, including online.	5				1,5	
3ESR6	A critical understanding of how consent is impacted by perception and social context and the factors that influence and impair people's ability to engage in consensual behaviour, for example, substances, violence, coercion and relationship norms.	6				5	

<b>3ESR7</b>	Understand the ethical and legal issues relating to the consensual and non-consensual sharing of self-generated imagery, and rights to safety, support well-being and protection.	<b>4,6</b>				<b>5,6</b>	
<b>3ESR8</b>	Understanding the impacts associated with sexual material and intimacy online, including the ethical and legal implications.					<b>5,6</b>	
<b>3ESR9</b>	An awareness of how sexual material and media often represents gender, sexual activity, bodily appearance and relationships in unrealistic and harmful ways.					<b>5</b>	<b>4</b>
<b>3ESR10</b>	An understanding of laws around RSE issues that are in place to protect us from all forms of discrimination, violence, abuse, neglect and harassment, and that laws are intended to protect not criminalise young people.	<b>5</b>	<b>1,3,4</b>	<b>5</b>		<b>5</b>	<b>1</b>
<b>3ESR11</b>	An understanding of how to advocate for safe environments and the rights and understanding of everyone on a range of RSE issues.		<b>4</b>				
<b>3ESR12</b>	Appreciate the importance of safely speaking out against sex and gender based and sexual violence.		<b>1,3</b>	<b>5</b>			<b>1</b>

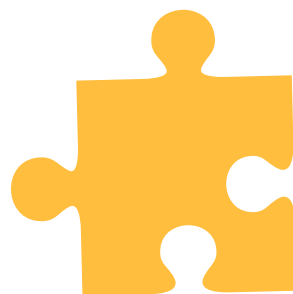


Phase 3 From age 11 the learning supports:		Empowerment, Safety and Respect Jigsaw Ages 12-13					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
3ESR1	Understanding the importance of inclusivity, including for LGBTQ+ people, non-discrimination and the value of diversity in our interpersonal behaviours and relationships.		4,5				2
3ESR2	Developing a sense of individual and social responsibility to others, including consideration of how we respond to behaviours that are discriminatory, disrespectful and harmful, offline and online.		1,2,3,4,5			2,3,4,5,6	
3ESR3	Recognising harmful, abusive or coercive behaviour in personal relationships including control, violence and sexual violence and how to respond and seek help for self and others. This includes all forms of violence based on sex, gender and sexuality.					4	
3ESR4	Understanding of the importance of consent for safe and healthy relationships and in particular sexual relationships.					3	
3ESR5	Understanding of how consent can be communicated in different social contexts and relationships, including online.					4,5	
3ESR6	A critical understanding of how consent is impacted by perception and social context and the factors that influence and impair people's ability to engage in consensual behaviour, for example, substances, violence, coercion and relationship norms.			4		4	5

<b>3ESR7</b>	Understand the ethical and legal issues relating to the consensual and non-consensual sharing of self-generated imagery, and rights to safety, support well-being and protection.			<b>3</b>		<b>4,5</b>	
<b>3ESR8</b>	Understanding the impacts associated with sexual material and intimacy online, including the ethical and legal implications.					<b>5</b>	
<b>3ESR9</b>	An awareness of how sexual material and media often represents gender, sexual activity, bodily appearance and relationships in unrealistic and harmful ways.					<b>1</b>	<b>4</b>
<b>3ESR10</b>	An understanding of laws around RSE issues that are in place to protect us from all forms of discrimination, violence, abuse, neglect and harassment, and that laws are intended to protect not criminalise young people.					<b>4,5</b>	<b>5</b>
<b>3ESR11</b>	An understanding of how to advocate for safe environments and the rights and understanding of everyone on a range of RSE issues.		<b>6</b>		<b>4</b>		<b>5</b>
<b>3ESR12</b>	Appreciate the importance of safely speaking out against sex and gender based and sexual violence.						

Phase 3 From age 11 the learning supports:		Empowerment, Safety and Respect Jigsaw Ages 13-14					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
3ESR1	Understanding the importance of inclusivity, including for LGBTQ+ people, non-discrimination and the value of diversity in our interpersonal behaviours and relationships.	1,2,3,4,5	1,2				
3ESR2	Developing a sense of individual and social responsibility to others, including consideration of how we respond to behaviours that are discriminatory, disrespectful and harmful, offline and online.	2,3,4,5	1,2,6			1,2	
3ESR3	Recognising harmful, abusive or coercive behaviour in personal relationships including control, violence and sexual violence and how to respond and seek help for self and others. This includes all forms of violence based on sex, gender and sexuality.	1,2,3,4,5				1,2	
3ESR4	Understanding of the importance of consent for safe and healthy relationships and in particular sexual relationships.	5				4	
3ESR5	Understanding of how consent can be communicated in different social contexts and relationships, including online.	3,5				2	
3ESR6	A critical understanding of how consent is impacted by perception and social context and the factors that influence and impair people's ability to engage in consensual behaviour, for example, substances, violence, coercion and relationship norms.	2,3,5			3,5		

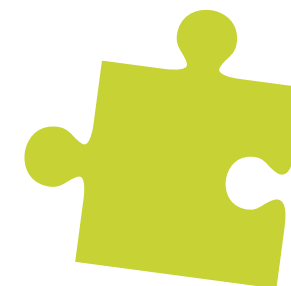
<b>3ESR7</b>	Understand the ethical and legal issues relating to the consensual and non-consensual sharing of self-generated imagery, and rights to safety, support well-being and protection.	<b>3</b>					
<b>3ESR8</b>	Understanding the impacts associated with sexual material and intimacy online, including the ethical and legal implications.	<b>3</b>				<b>3</b>	
<b>3ESR9</b>	An awareness of how sexual material and media often represents gender, sexual activity, bodily appearance and relationships in unrealistic and harmful ways.					<b>3</b>	
<b>3ESR10</b>	An understanding of laws around RSE issues that are in place to protect us from all forms of discrimination, violence, abuse, neglect and harassment, and that laws are intended to protect not criminalise young people.	<b>2,5</b>	<b>1,2</b>			<b>3</b>	
<b>3ESR11</b>	An understanding of how to advocate for safe environments and the rights and understanding of everyone on a range of RSE issues.		<b>2</b>			<b>2</b>	
<b>3ESR12</b>	Appreciate the importance of safely speaking out against sex and gender based and sexual violence.						





Phase 3 From age 11 the learning supports:		Empowerment, Safety and Respect Jigsaw Ages 14-15					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
3ESR1	Understanding the importance of inclusivity, including for LGBTQ+ people, non-discrimination and the value of diversity in our interpersonal behaviours and relationships.	4	1,4,5			3,5	3,4,6
3ESR2	Developing a sense of individual and social responsibility to others, including consideration of how we respond to behaviours that are discriminatory, disrespectful and harmful, offline and online.	1,4,6	1,2,4,5			2,5	
3ESR3	Recognising harmful, abusive or coercive behaviour in personal relationships including control, violence and sexual violence and how to respond and seek help for self and others. This includes all forms of violence based on sex, gender and sexuality.	4,6	4			5	
3ESR4	Understanding of the importance of consent for safe and healthy relationships and in particular sexual relationships.	4	4			5	
3ESR5	Understanding of how consent can be communicated in different social contexts and relationships, including online.		4				
3ESR6	A critical understanding of how consent is impacted by perception and social context and the factors that influence and impair people's ability to engage in consensual behaviour, for example, substances, violence, coercion and relationship norms.	5,6	4			5	

<b>3ESR7</b>	Understand the ethical and legal issues relating to the consensual and non-consensual sharing of self-generated imagery, and rights to safety, support well-being and protection.	<b>5</b>	<b>4</b>			<b>4,5</b>	
<b>3ESR8</b>	Understanding the impacts associated with sexual material and intimacy online, including the ethical and legal implications.	<b>5</b>				<b>4,5</b>	
<b>3ESR9</b>	An awareness of how sexual material and media often represents gender, sexual activity, bodily appearance and relationships in unrealistic and harmful ways.	<b>4</b>				<b>4</b>	
<b>3ESR10</b>	An understanding of laws around RSE issues that are in place to protect us from all forms of discrimination, violence, abuse, neglect and harassment, and that laws are intended to protect not criminalise young people.	<b>1,4,5</b>	<b>4</b>			<b>4,5</b>	<b>3</b>
<b>3ESR11</b>	An understanding of how to advocate for safe environments and the rights and understanding of everyone on a range of RSE issues.					<b>5</b>	<b>3</b>
<b>3ESR12</b>	Appreciate the importance of safely speaking out against sex and gender based and sexual violence.						



Phase 3 From age 11 the learning supports:		Empowerment, Safety and Respect Jigsaw Ages 15-16					
		Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
3ESR1	Understanding the importance of inclusivity, including for LGBTQ+ people, non-discrimination and the value of diversity in our interpersonal behaviours and relationships.	2,3				1,2,3	
3ESR2	Developing a sense of individual and social responsibility to others, including consideration of how we respond to behaviours that are discriminatory, disrespectful and harmful, offline and online.	3,4,6		3		1,2	
3ESR3	Recognising harmful, abusive or coercive behaviour in personal relationships including control, violence and sexual violence and how to respond and seek help for self and others. This includes all forms of violence based on sex, gender and sexuality.	3,4,6			3	5	
3ESR4	Understanding of the importance of consent for safe and healthy relationships and in particular sexual relationships.	2,3,4			3	1	
3ESR5	Understanding of how consent can be communicated in different social contexts and relationships, including online.	2,3,4			3	1	
3ESR6	A critical understanding of how consent is impacted by perception and social context and the factors that influence and impair people's ability to engage in consensual behaviour, for example, substances, violence, coercion and relationship norms.	2,3,4			3	1	

<b>3ESR7</b>	Understand the ethical and legal issues relating to the consensual and non-consensual sharing of self-generated imagery, and rights to safety, support well-being and protection.	<b>2,3,4</b>			<b>3</b>		
<b>3ESR8</b>	Understanding the impacts associated with sexual material and intimacy online, including the ethical and legal implications.	<b>2,3,4</b>			<b>3</b>		
<b>3ESR9</b>	An awareness of how sexual material and media often represents gender, sexual activity, bodily appearance and relationships in unrealistic and harmful ways.	<b>4</b>					
<b>3ESR10</b>	An understanding of laws around RSE issues that are in place to protect us from all forms of discrimination, violence, abuse, neglect and harassment, and that laws are intended to protect not criminalise young people.	<b>2,3,4</b>				<b>1,5</b>	
<b>3ESR11</b>	An understanding of how to advocate for safe environments and the rights and understanding of everyone on a range of RSE issues.	<b>2,3,4</b>				<b>2,5</b>	
<b>3ESR12</b>	Appreciate the importance of safely speaking out against sex and gender based and sexual violence.	<b>2,3</b>				<b>5</b>	