

Year 8 Jigsaw Overview

PLEASE NOTE: The Jigsaw lessons used compliment other lessons taught within the PSHE curriculum. The Jigsaw lessons shown below are the Jigsaw lessons taught at Ipswich Academy. However, the order they are taught in may differ from the list below.

Celebrating Difference Unit:

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
3. When things go right	I can give examples of social injustice	I can challenge prejudice and discrimination
4. Bullying	I can define what is and what is not bullying I can give examples of LGBT bullying I can describe the steps that can be taken to challenge LGBT bullying	I can understand and explain the emotional impact of LGBT bullying on both victim and perpetrator

Dreams and Goals Unit:

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
3. Online Safety	I can describe how my activity online can be both positive and negative	I can identify the steps I can take to protect my online identity and avoid anything that can negatively impact my future aspirations
5. The price of life	I can explain why it is important to keep track of spending I understand the variations in income across the world	I can make reasoned judgements about spending I can reflect on the effect money can have on emotional and mental health, including my own

Healthy Me Unit:

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1. Me and My Health	<p>I can describe the actions that can be taken to support good physical health</p> <p>I can list some factors that help ensure good health in the longer term</p> <p>I can list the factors that can impact negatively on dental health</p> <p>I can describe the steps that can be taken to keep teeth and gums healthy</p>	<p>I can understand my responsibility for my health</p> <p>I can state some links between dental health and physical and emotional health</p>
3. Healthy choices on... substances	<p>I know about different substances and the effects they have on the body and why some people use them</p>	<p>I know what makes me feel good and know how to enjoy myself (e.g. to feel calm, elated, energised, focused, engaged, have fun, etc.) - in ways that are not damaging to myself and others</p>
4. Substance misuse and exploitation	<p>I understand what the law says about substance use and possession</p> <p>I can describe some of the links between substances and exploitation of young people</p>	<p>I am aware of some steps that can be taken to avoid engaging in high risk behaviour in relation to substance use</p>
5. Healthy choices on... medicines and immunisation	<p>I understand the role of medicines and can explain differing views on this</p>	<p>I can recognise that decisions about my health depend on having access to accurate information</p>

Relationships Unit:

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1. Being in control of... myself	<p>I understand that relationships affect everything we do in our lives and that relationship skills have to be learned and practised</p> <p>I understand that social media can both positively and negatively affect how I feel about myself</p>	<p>I know some things I can do to manage the impact of how social media makes me feel about myself</p>
2. Being in control of... my relationships	<p>I understand that relationships can cause strong feelings and emotions</p> <p>I understand the features of positive and stable relationships</p> <p>I understand that all relationships have positive and less positive aspects</p>	<p>I understand that relationships affect everything we do in our lives and that relationship skills have to be learned and practised</p>
3. Being in control of... personal space	<p>I can define what is meant by personal space and how this varies across my relationships both online and offline</p> <p>I can discuss how personal space differs across different cultures</p>	<p>I understand etiquette and manners in relation to privacy both online and offline</p> <p>I know some steps that can be taken if my personal space, privacy or both are being threatened</p>
4. Managing Control and Coercion in Relationships	<p>I understand what is meant by control, power balance and coercion in a relationship</p>	<p>I know what a good relationship looks like and how to protect myself from an unhealthy relationship</p>
5. Being in control of... social media	<p>I understand how to use social media appropriately, safely and legally</p> <p>I can give examples of how personal safety can be compromised online</p>	<p>I understand some of the emotional risks associated with inappropriate use of social media</p> <p>I know what to do if I'm worried about my online or offline safety</p>

Changing Me Unit

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
<p>1. Different types of relationship</p>	<p>I know different types of close, intimate relationships that people can have I know what happens physically when individuals experience physical attraction I know how to discuss the positive aspects of a range of different types of personal relationships that adults may have and the possible impact on children</p>	<p>I know that intimate relationships do not have to involve sex I know some of the things that might happen emotionally when individuals experience physical attraction I know some of the positive behaviours people exhibit in healthy intimate relationships</p>
<p>5. Alcohol and Risk</p>	<p>I can list some risks associated with drinking too much alcohol, including unprotected sex, non-consensual sex I know what the law says in relation to sex and alcohol I can discuss the steps someone could take if they had engaged in risky sexual behaviour as a result of drinking too much alcohol</p>	<p>I can describe the behaviour changes that can occur when people drink alcohol</p>