

Year 9 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
1. Equality	<p>I can give examples of different types of prejudice and discrimination</p> <p>I can explain how the Equality Act has protected characteristics and why these are important</p> <p>I can distinguish between 'banter' and sexist, LGBT-phobic and racist language</p> <p>I know where to report bullying</p> <p>I understand the legal consequences of bullying and hate crime</p>	<p>I can empathise with people who are discriminated against</p>
2. Understanding difference	<p>I can explain why some people can display sexist and ageist behaviour</p> <p>I understand the complexities associated with gender identity</p> <p>I can challenge my own and others' attitudes towards difference in relation to sexism, ageism and gender identity</p>	<p>I understand why fear can lead us to judge others negatively</p>
4. Bullying	<p>I understand that there are different types of bullying (verbal, physical, online)</p> <p>I know what to do if I encounter bullying</p> <p>I can give examples of workplace bullying</p>	<p>I appreciate the short- and long- term effects and consequences of bullying on everyone involved including impact on mental health</p>

Dreams and Goals Unit:

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
3. My dreams for my life	<p>I am able to accept helpful feedback and reject unhelpful criticism</p>	<p>I know that some dreams and goals in life are not associated with financial gain</p>
4. Mental health and illness	<p>I know the difference between mental health and mental ill-health</p> <p>I can consider factors that can contribute to a person's mental ill health</p> <p>I know how to access support if I am worried about a mental health issue</p>	<p>I understand that stigma about mental ill health is unhelpful</p>
5. Media manipulation and mental health	<p>I can understand how media manipulation can be involved in a person's mental ill-health</p> <p>I can understand how and why some media is manipulated</p> <p>I can consider how self-esteem can be affected by the media positively and negatively</p> <p>I know where to access help if worried about a mental health concern</p>	<p>I can consider how some mental ill health issues such as self-harm, eating disorders, anxiety and depression can be linked to low self-esteem</p>

Healthy Me Unit:

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
3. Using substances (including smoking)	<p>I understand the physical and emotional effects of certain substances and how they can affect decision-making</p> <p>I know some facts about drug classification and what the law says about possession and supply of drugs</p>	I feel confident about making my own decision about my lifestyle choices
5. Effects of substances	<p>I understand some of the physiological and psychological effects of substance misuse and the impact of illegal substances on society and individuals</p>	I know how to access support if concerned about substances

Being Me in the World Unit:

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1. Expectations and perceptions of relationships	<p>I understand that different people have different expectations of intimate relationships and know how to access support if worried about a relationship issue</p>	I have an understanding of my own expectations of intimate relationships
2. Peer Approval	<p>I can explain peer approval and how it can cause problems</p> <p>I can describe what grooming is and give examples</p>	I have strategies to help me manage my peer group relationships
5. Consent	<p>I can explain the links between having a positive self-identity and healthy intimate relationships</p> <p>I understand what consent means for me within my peer and intimate social groups</p> <p>I know how to report abusive or coercive behaviour</p>	I can explain how negative self-identity and low self-esteem can contribute towards risky behaviour

Relationships Unit:

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1. Power in relationships	<p>I can recognise when others might try to use their power to control, coerce and manipulate in an intimate relationship</p> <p>I understand the features of positive, stable, intimate relationships</p>	<p>I know how to access help if an intimate relationship makes me uncomfortable, or is putting me at risk</p> <p>I know that my adolescence is normal for me</p>
2. Assertiveness and saying no	<p>I understand that I have a choice in many situations, including when I want to say no</p> <p>I know and can use some assertiveness skills to help me manage a range of circumstances</p> <p>I understand that consent is a vital feature of a sexual relationship</p> <p>I know about sex and the law</p>	<p>I can be assertive when appropriate</p> <p>I know how to access help if I'm worried about a relationship</p>
4. Contraception	<p>I know about the different contraception methods available</p> <p>I know that contraception is important for sexual health as well as preventing a pregnancy</p> <p>I know that communication and negotiation about contraception use is important</p> <p>I understand that information and facts are vital in making an informed choice about contraception if and when needed</p> <p>I know how to access advice and information about sexual health</p> <p>I know about sex and the law</p>	<p>I feel empowered to make an informed decision about contraception if and when needed</p>
5. Consequences of unprotected sex	<p>I understand that there are consequences if I choose to have unprotected sex</p> <p>I know about different sexually transmitted infections</p> <p>I know about sexual health clinics and how to access help and support if I have unprotected sex</p>	<p>I know some of the options available if I have unprotected sex</p>

Changing Me Unit

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1. Mental health	<p>I know that my mental health can be affected by different situations and experiences</p> <p>I know about some common mental health issues</p> <p>I can challenge stigma about mental health issues</p> <p>I know where to access support if I am worried about my mental health</p>	<p>I appreciate that the people in my life may have a range of different views and opinions</p>
4. Does watching pornography help people to understand relationships?	<p>I know that pornographic images do not reflect reality</p> <p>I know how pornography can impact on expectations and self-image</p>	<p>I recognise the role of pornography in society</p> <p>I understand the negative influence pornography can have on relationships</p>