

## Relationships Puzzle Map - Ages 13-14

Big Question: Can relationships ever be equal?

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	Resources
<b>1. Power in relationships</b>	<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>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>Healthy relationships top 10 handout</p> <p>The Good, Bad and Ugly balance of power - scenario cards (optional)</p> <p>Power Games feedback sheet (optional)</p>
<b>2. Assertiveness and saying no</b>	<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>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>Person template, one per group</p> <p>Aggressive, Assertive or Passive signs</p> <p>Assertiveness scenarios (optional)</p>
<b>3. Porn - is it real?</b>	<p>I understand that pornography and some media images give a false impression of sex and sexual relationships</p> <p>I can challenge stereotypical ideas of 'ideal' males and females</p> <p>I know about sex and the law as applied to online and social media</p>	<p>I am reassured that my adolescence is normal for me</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p>



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<b>4. Contraception</b>	<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>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>Contraception information sheet</p> <p>Materials for Big Bit activities (optional)</p>
<b>5. Consequences of unprotected sex</b>	<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>	<p>Jigsaw Chime</p> <p>PowerPoint slides</p> <p>Jigsaw Charter</p> <p>STI matching game and STI information sheet</p> <p>Character cards (optional)</p>
<b>6. Assessment</b>	<p>I can consider the risks and consequences of becoming sexually active</p>	<p>I can think through how I feel about what is right for me in relationships</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p>Workbook</p>

