

Changing Me Puzzle Map - Ages 11-12

Big Question: How do I feel about becoming an adult?

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	Resources
1. My changing body	<p>I can understand the changes that happen during puberty</p> <p>I understand that practices such as Female Genital Mutilation and breast ironing are forms of abuse</p> <p>I know where to access help if I am worried or concerned about puberty or abuse</p>	<p>I can express how I feel about the changes that happen during puberty, and that people develop at different rates, and what to do if I am concerned</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p>Truth or Myth Game Sheet</p> <p>Puberty flashcards (optional)</p> <p>Jigsaw Journals</p>
2. Having a baby	<p>I know how a baby is conceived naturally</p> <p>I know that there are other ways a baby can be conceived e.g. IVF</p> <p>I understand how a baby develops inside the uterus and is born</p>	<p>I can express the different feelings and choices that people may have and make about conception, pregnancy and having a baby</p> <p>I can appreciate that a baby comes with responsibilities</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p>Having a Baby Diamond 9 cards</p> <p>Truth about Conception and Pregnancy Cards</p> <p>Jigsaw Journals</p>
3. Types of relationships and their impact	<p>I know there are different types of committed stable relationships and that some people may choose to have children or not</p> <p>I can make links between positive, healthy family relationships and effective parenting</p> <p>I can identify some of the roles and responsibilities of being a parent</p>	<p>I can understand that stable intimate relationships can be linked to happiness</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p>Relationships Matching Game Cards</p> <p>Post Its</p> <p>Jigsaw Journals</p>



Big Question: Do I stay the same when things around me change?

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	Resources
4. Image and self-esteem	<p>I know that the media can have a positive or negative impact on a person's self-esteem or body image</p> <p>I know where to go for help if I am worried about my body image or self-esteem</p>	<p>I understand how self-image is linked to self-esteem</p> <p>I can apply strategies to build my self-esteem</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p>Jigsaw Journals</p>
5. My changing feelings	<p>I know some of the changes in my brain during puberty</p> <p>I understand some of the emotional changes during puberty</p> <p>I know where to access support if I am worried about adolescence</p>	<p>I know some ways to support myself and others during times of change</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p>Situation cards</p> <p>Mood and mindset template (optional)</p> <p>Jigsaw Journals</p>
6. Assessment	<p>I can summarise the potential impact of changes in puberty on how I feel and suggest ways to cope with the changes</p>	<p>I can stay positive and boost my own self-esteem</p>	<p>Jigsaw Chime</p> <p>Jigsaw Charter</p> <p>PowerPoint slides</p> <p>Workbook</p>

