



Jigsaw PSHE Summer 1 - Relationships (Y5)

This term, the Jigsaw unit we will be covering in PSHE is 'Relationships'. This unit is focused around our relationships with others, rights and responsibilities and recognising/managing risks in our lives. The 'puzzle pieces' explored are detailed below, as is the core vocabulary we will be teaching and using.

In this Puzzle the class learn about the importance of self-esteem and ways this can be boosted. This is important in an online context as well as off-line, as mental health can be damaged by excessive comparison with others. This leads onto a series of lessons that allow the children to investigate and reflect upon a variety of positive and negative online/ social media contexts including gaming and social networking. They learn about age -limits and also age-appropriateness. Within these lessons, children are taught the SMARRT internet safety rules and they apply these in different situations. Risk, pressure and influences are revisited with a focus on the physical and emotional aspects of identifying when something online or in social media feels uncomfortable or unsafe. Children are taught about grooming and how people online can pretend to be whoever they want. Rights, responsibilities and respect are revisited with an angle on technology use. Screen time is also discussed and children find ways to reduce their own screen time. This Puzzle aims to help children to be more discerning when viewing anything online or on social media.

Puzzle Pieces (lessons)

1. Recognising Me (recognising own personal qualities and strengths; building self-esteem; making friends).
2. Safety with Online Communities (recognising safe or unsafe/risky online communities; being responsible; positive and negative effects of online communities).
3. Being in an Online Community (Rights and responsibilities; identifying unhelpful or harmful interactions).
4. Online Gaming (understanding appropriateness and age-restrictions; rights and responsibilities; recognising unsafe behaviour in online gaming; understanding potential risk).
5. My Relationship With Technology (understanding screen time and potential overuse of technology; how to reduce screen time).
6. Staying Safe and Happy Online (identifying risks online; making safe choices; resisting pressure).

Vocabulary

Personal attributes, qualities, characteristics, self-esteem, unique, comparison, negative self-talk, social media, online, community, risky, positive, negative, safe, unsafe, rights, responsibilities, social network, gaming, violence, grooming, troll, gambling, betting, trustworthy, appropriate, screentime, physical health, mental health, off-line, social, peer pressure, influences, personal information, passwords, privacy, settings, profile, SMARRT rules.

Jigsaw, the mindful approach to PSHE is a progressive and spiral scheme of learning. In planning the lessons, Jigsaw PSHE ensures that learning from previous years is revisited and extended, adding new concepts, knowledge and skills, year on year as appropriate.