

JIGSAW – RSE LESSON CONTENT OVERVIEW

Lesson number and name

Vocabulary

Resources/other points of interest

	HEALTHY ME	RELATIONSHIPS	CHANGING ME
R	3. Heathy diet 4. Bedtime routines 5. Keeping clean 6. Stranger danger	4. Bullying and unkind words 5. Bullying	3. Growing from a baby
1	1. Being healthy 2. Healthy choices 3. Clean and healthy 4. Medicine safety	1. Different types of families	1. Life cycles of animals and humans 2. Changes in me 3. My changing body 4. Boys' and girls' bodies Male, female, vagina, penis, testicles, vulva, anus, nipples – cartoon images 5. Learning and growing
2	1. Being Healthy 3. Medicine Safety 4. Healthy Eating 5. Healthy Eating	1. Different types of families 2. Keeping safe – exploring physical contact 4. Secrets 5. Trust	1. Life cycles in nature 2. Growing from young to old 3. The changing me 4. Boys' and Girls' bodies Male, female, vagina, penis, testicles, vulva, anus, nipples, public, private - cartoon images 5. Assertiveness Touch, texture, cuddle, hug, squeeze, like, dislike, acceptable, unacceptable, comfortable, uncomfortable
3	1. Being fit and healthy 2. Being fit and healthy 3. What do I know about drugs? Healthy, drugs, attitude, Photographic images of pills, syringes, powder and rolled up cigarette 4. Being Safe	1. Family roles and responsibilities Expectations for males and females 3. Keeping myself safe online Safe, unsafe, risky,	1. How babies grow Changes, birth, animals, babies, mother, growing up Image of mother breast feeding – no flesh visible 2. Babies Baby, grow, uterus, womb, nutrients, survive, love, affection, care Basic cartoon images of baby growing in uterus 4. Family and gender stereotypes

<p>4</p>	<p>3. Smoking Smoking, pressure, peers, guilt, advice, 4. Alcohol Alcohol, liver, disease Photographs of healthy and unhealthy livers</p>	<p>1. Jealousy 2. Love and loss 3. Memories 5. Girlfriends and boyfriends Attraction, pleasure, personal, comfortable Discussion of relationships including kissing Same sex relationships may arise in discussion</p>	<p>1. Unique me Fostering/adoption may come up 2. Outside body changes Change, puberty, control, pubic hair, penis, testicles, breasts, Sorting cards including; deepening voice, pubic hair growth, Cartoon images of naked males and females Inside body changes Puberty, male, female, testicles, sperm, penis, ovaries, eff, ovum, womb/uterus, vagina Image of mother breast feeding – no flesh visible Cartoon images of naked males and females Scientific diagrams of male and female reproductive organs Scientific diagram of sperm and egg 3. Girls and puberty – Menstruation, puberty, periods, Scientific diagrams of female reproductive organs Cartoon images of naked females 4. Circles of change Changing families</p>
<p>5</p>	<p>1. Smoking Choices, media, pressure Questions related to smoking health related diseases 2. Alcohol Choices, media, pressure Questions related to alcohol health related diseases Anti-social behaviour 3. Emergency Aid Discussion of emergency situations 4. Body image Media, altered, self-respect, comparison May raise discussion of weight related disorders/mental health</p>	<p>2. Safety with online communities 4. Online gaming Grooming, trolled 5. My relationship with technology: screen time Mental health 6. My relationship with technology: staying safe and happy online Grooming, trolled</p>	<p>1. Self-image and body image Self-esteem, fat 2. Puberty for girls Puberty, menstruation, periods, sanitary towels, sanitary pads, tampons, ovary/ovaries, vagina, oestrogen, vulva, womb/uterus Scientific diagrams of male and female reproductive organs Scientific diagram of sperm and egg 3. Puberty for boys Puberty, sperm, semen, testicles, testes, erection, ejaculation, wet dream, larynx, facial hair, growth spurt, hormones, Scientific diagrams of male reproductive organs Having a baby Puberty, male, female, testicles, sperm, penis, ovaries, eff, ovum, womb/uterus, vagina, making love, having sex, sexual intercourse, fertilise, conception</p>

	<p>issues</p> <p>5. My relationship with food Eating problem, eating disorder, pressure Discussion of weight related disorders/mental health issues</p>		<p>Scientific diagrams of male and female reproductive organs Scientific diagram of sperm and egg</p> <p>4. Conception Relationships, conception, making love, sexual intercourse, fallopian tube, fertilisation, pregnancy, embryo, umbilical cord, contraception, fertility treatment (IVF) Basic cartoon images of baby growing in uterus</p> <p>5. Looking ahead 1 Puberty, age of consent,</p>
6	<p>1. Taking responsibility for my health and well-being Discussion may arise over smoking, drugs and alcohol</p> <p>2. Drugs Prescribed, unrestricted, volatile substances, synthetic highs, new psychoactive substances NAMES OF SPECIFIC DRUGS, E.G, CRACK, COCAINE,</p> <p>3. Exploitation Exploited, vulnerable, drugs, criminal, illegal, gangs</p> <p>4. Gangs Pressure, anti-social behaviour</p> <p>5. Emotional and mental health</p>	<p>1. What is mental health? Stigma, stress, anxiety</p> <p>2. My mental health Stigma, stress, anxiety, self-harm</p> <p>3. Love and loss</p> <p>4. Power and control May bring up discussion of abuse</p> <p>5. Being online: real or fake? Chatroom abbreviations</p>	<p>1. My self-image Discussion of positive and negative issues</p> <p>2. Puberty Puberty, sperm, semen, testicles, testes, erection, ejaculation, wet dream, larynx, facial hair, growth spurt, hormones, menstruation, periods, sanitary towels, sanitary pads, tampons, ovary/ovaries, vagina, oestrogen, vulva, womb/uterus, clitoris, masturbation, Scientific diagrams of male and female reproductive organs Cartoon images of naked males and females</p> <p>3. Conception to birth Pregnancy, embryo, foetus, placenta, umbilical cord, labour, contractions, cervix, midwife Scientific diagrams of male and female reproductive organs Cartoon images of naked males and Basic cartoon images of baby growing in uterus</p> <p>4. Boyfriends and Girlfriends Attraction, relationship, pressure, love, sexting, Discussion of same sex relationships may arise</p> <p>5. Real self and ideal self Mental health</p>