

Jigsaw PSHE is a progressive scheme of learning where knowledge and skills build year on year across the programme. The table below shows how the Changing Me Puzzle (unit of work) develops in this year group, including some of the key vocabulary. Schools may adapt content to fit their policy, so please check with your child's school for specific details.

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| <b>Ages 7-8</b> | <b>Puzzle overview: Changing Me</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|                 | In this Puzzle, children learn how babies grow and explore the physical changes that happen to bodies as people grow up, including some inside and outside changes linked to puberty. They develop understanding of personal hygiene and why caring for their bodies becomes more important as they grow and change. Across the six Pieces, children reflect on their feelings about change, learn correct vocabulary for body parts, challenge family stereotypes, and consider who they can ask for help if they feel worried. They also think about future transitions and how to cope with them.                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|                 | <b>Knowledge</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Social and emotional skills</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|                 | <ul style="list-style-type: none"> <li>I understand that in animals and humans lots of changes happen from birth to fully grown, and that in mammals it is the female who has the baby</li> <li>Can identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up</li> <li>I understand that as boys' and girls' bodies change at puberty, they need to think more about keeping clean and healthy</li> <li>I know some simple ways of keeping clean which can keep me healthy and protect me from some infections</li> <li>I can start to recognise stereotypical ideas I might have about parenting and family roles</li> <li>I can identify what I am looking forward to when I move to my next class</li> </ul> | <ul style="list-style-type: none"> <li>I can express how I feel when I see babies or baby animals</li> <li>Recognise how I feel about these changes happening to me and know how to cope with those feelings</li> <li>I have started to think about the ways to keep my body clean as I grow up and how I feel about this</li> <li>I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes</li> <li>I can start to think about changes I will make next year and know how to go about this</li> </ul> |
|                 | <b>Vocabulary</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|                 | animals, babies, birth, breasts, care, challenge, change, changes, control, egg, family, female, genitals, growing up, looking forward, male, mother, ovaries, ovum / ova, penis, personal hygiene, puberty, pubic hair, roles, scrotum, sperm, stereotypes, task, testicles, vagina, womb / uterus, worries                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

## Supporting 'Healthy Me' puzzle at home: A Guide for Families

This page offers simple ways to support your child's learning at home. The questions, ideas, and resources below encourage meaningful discussion, independence, and practising key life skills in everyday situations.

| Talking Together: suggested questions to support Changing Me learning at home |                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                             |
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| Ages 7-8                                                                      | <b>How babies grow and families</b> <ul style="list-style-type: none"> <li>What different jobs do people in families do to care for babies?</li> <li>In our family, who does what to help look after everyone?</li> <li>What makes a family loving and caring, no matter who is in it?</li> </ul>                                                                                                                                | <b>Understanding body changes during puberty</b> <ul style="list-style-type: none"> <li>What are some changes that happen to bodies as people grow up?</li> <li>How might someone feel about their body changing during puberty?</li> <li>If you had questions about your body changing, who would you talk to?</li> </ul> | <b>Keeping clean and healthy</b> <ul style="list-style-type: none"> <li>Why does keeping clean become more important as we grow up?</li> <li>What are some ways you can look after your body as it grows and changes?</li> <li>In our family, who can you ask if you have questions about hygiene or growing up?</li> </ul> |
|                                                                               | <b>Challenging stereotypes about families</b> <ul style="list-style-type: none"> <li>Can anyone in a family do any job at home? Why or why not?</li> <li>In our family, how do we share jobs and responsibilities?</li> <li>What stereotypes have you heard about what boys or girls "should" do?</li> </ul>                                                                                                                     | <b>Feelings about growing up</b> <ul style="list-style-type: none"> <li>What excites you about growing up? What worries you?</li> <li>Is it natural to have mixed feelings about changes? Why?</li> <li>Who are the trusted adults in your life you can talk to about growing up?</li> </ul>                               | <b>Looking ahead and managing worries</b> <ul style="list-style-type: none"> <li>What are you looking forward to in your next class?</li> <li>When someone feels worried about changes, what might help them?</li> <li>Why is it important to share worries rather than keep them to yourself?</li> </ul>                   |
|                                                                               | <b>Resources and additional support for Families</b> <ul style="list-style-type: none"> <li><a href="#">NSPCC</a> – advice for families on boundaries, secrets, safety and Changing Me</li> <li><a href="#">Cambridgeshire NHS</a> advice around personal hygiene for children</li> <li>Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Changing Me theme.</li> </ul> |                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                             |
|                                                                               | <b>School-based and local resources (editable box for teachers):</b>                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                             |
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