

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 Healthy 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.

Ages 10-11	Puzzle overview: Healthy Me	
	In this Puzzle, children learn to take responsibility for their physical and emotional wellbeing, exploring how choices, prevention and healthy habits support long-term health. They develop understanding of different types of drugs and their effects and discuss safer ways to cope with life's challenges. Across the six Pieces, children learn about exploitation and how pressure can affect decisions. Children learn how to seek help and they explore emotional and mental health, recognise signs of stress and practise strategies for managing pressure.	
	Knowledge	Social and emotional skills
	<ul style="list-style-type: none"> • I can take responsibility for my health and make choices that benefit my health and well-being • I know about different types of drugs and their uses and their effects on the body particularly the liver and heart • I understand that some people can be exploited and made to do things that are against the law • I know why some people join gangs and the risks this involves • I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness • I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse 	<ul style="list-style-type: none"> • I am motivated to care for my physical and emotional health • I am motivated to find ways to be happy and cope with life's situations without using drugs • I can suggest ways that someone who is being exploited can help themselves • I can suggest strategies someone could use to avoid being pressurised • I know how to help myself feel emotionally healthy and can recognise when I need help with this • I use different strategies to manage stress and pressure
	Vocabulary	
anti-social behaviour, choice, crime, criminal, drugs, effects, emotional health, exploited, gangs, gang, illegal, immunisation, managing stress, mental health, mental illness, motivation, new psychoactive substances, over-the-counter, prevention, prescribed, pressure, reputation, responsibility, restricted, strategies, stress, synthetic highs, symptoms, triggers, unrestricted, volatile substances, vulnerable.		

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 Healthy Me learning at home			
Ages 10-11	Taking responsibility for health and wellbeing <ul style="list-style-type: none"> • What does it mean to take responsibility for your health? • What choices help you stay physically and emotionally well? • How do healthy habits support you in the long term? 	Drugs, medicines and their effects <ul style="list-style-type: none"> • What are some different types of drugs and medicines used for? • Why is it important to use medicines safely and only as directed? • Who can you ask if you have questions about medicines or health? 	Exploitation, gangs and staying safe <ul style="list-style-type: none"> • What does it mean if someone is being exploited? • Why might some people feel pressured to join gangs? • What could someone do if they felt unsafe or pressured?
	Pressure, influence and making safe choices <ul style="list-style-type: none"> • What does it feel like when someone pressures you? • What strategies can help you resist pressure? • Who can support you if you feel unsure about something? 	Emotional health and mental wellbeing <ul style="list-style-type: none"> • What does it mean to feel emotionally healthy? • How can you tell when someone might need extra support? • Who can you talk to if you feel worried or low? 	Stress, triggers and coping strategies <ul style="list-style-type: none"> • What does stress feel like in your body? • What kinds of situations can cause stress? • What helps you feel calmer when you are under pressure? • Why is it important to find healthy ways to cope?
Resources and additional support for Families			
<ul style="list-style-type: none"> • Better Health – Healthier Families (NHS) – lots of family resources, activities, food recipes and more • NSPCC – advice for families seeking further help and advice on specific topics e.g. online safety, social media, wellbeing ,mental health • Young Minds – a parent section with advice, guidance and support – also Anna Freud Self Care resources for children and young people • Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Healthy Me theme. 			
School-based and local resources (editable box for teachers):			