Jigsaw Knowledge and skills progression: Changing Me Ages 3-11

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.

Ages 8-9

Puzzle overview: Changing Me

In this Puzzle, children explore identity and what makes them unique while learning about physical and emotional changes linked to puberty, including menstruation. They consider the role of families, trusted adults, and inner circles in providing care and support. Across the six Pieces, children develop strategies for coping with change, managing worries, and accepting things beyond their control. They practise reflecting on personal goals and positive changes they would like to make.

Knowledge	Social and emotional skills
• I understand that lots of things make up a person's identity and this is what makes them unique • I can describe how a girls' body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this • I know there are many types of family and that often our family members form part of our inner circle • I know there are trusted people I can turn to if I need help and support as I grow up and go through puberty • I know how the circle of change works and can apply it to changes I want to make in my life • I can identify changes that have been and may continue to be outside of my control that I learnt to accept • I can identify what I am looking forward to when I move to a new class	• I can describe how I will have choices about developing my own identity and interests as I grow up and that these will contribute to who I am • I have strategies to help me cope with the physical and emotional changes I will experience during puberty • I know that sometimes I may feel anxious about growing up and this is normal. There are people who can support me • I am confident enough to try to make changes when I think they will benefit me • I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively • I can reflect on the changes I would like to make next year and describe how to go about this

Vocabulary

acceptance, anxious, belonging, care, characteristics, change, choices, circle, control, family, fallopian tube, hobbies, hormone, identity, inner circle, interests, love, looking forward, menstrual cup, menstrual cycle, menstrual pads, menstrual towel, menstruation, ovaries, panty liner, period pants, period products, periods, personality, proud, proportionate, puberty, reliable, seasons, skills, support, tampons, trusted adult, trustworthy, unique, values, vagina, vulva, womb

© Jigsaw Education Group

Supporting 'Changing 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.

Ages 8-9

Talking Together: suggested questions to support Changing Me learning at home

What makes you unique	Puberty and menstruation	Families and your inner circle
• What things about you come from our family? What things are from your own choices? • How do your interests and hobbies help make you who you are? • What are you proud of about yourself?	• What have you learnt about puberty at school? • What is menstruation and why does it happen? • Why do periods start at different ages for different girls?	• Who are the people in your inner circle that you trust? • In our family, who are the people you know you can always turn to? • What makes someone a trusted adult?
Managing change in your life	**Accepting changes you can't control**	**Looking forward and asking for help**
• What changes can people control? What changes can't they control? • What helps you cope when things change in your life? • How can planning ahead make change feel less scary?	• How can someone respond positively to changes they can't stop? • What's the difference between worrying a normal amount and needing extra support? • If you needed reliable information about something, where would you look?	• What changes are you looking forward to next year? • When might someone need to ask a trusted adult for support? • In our family, how do we ask for help when we need it?

Resources and additional support for Families

- NSPCC – advice for families on boundaries, secrets, safety and Changing Me
- Always Advice on how to discuss periods with your child
- BBC Operation Ouch clip explaining main changes of puberty
- Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Changing Me theme.

School-based and local resources (editable box for teachers):

© Jigsaw Education Group