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 9-10

Puzzle overview: Changing Me

In this Puzzle, children explore self-image and body confidence while learning about physical and emotional changes during puberty for girls and boys. They develop understanding of menstruation, male puberty, and how media influences perceptions of appearance and wellbeing. Pupils practise identifying trusted adults and reliable sources of information, alongside discussing responsibilities linked to growing up. This Puzzle includes non-statutory sex education in Piece 4 (conception and how babies are made). Schools should check their policy and parental withdrawal arrangements before teaching.

Knowledge	Social and emotional skills
• I am aware of my own self-image and how my body image fits into that • I can explain how a girl's body changes during puberty and understand the importance of looking after ourselves physically and emotionally • I can describe how boys' and girls' bodies change during puberty • I understand that sexual intercourse can lead to conception and that is how babies are usually made • I also understand that sometimes people need IVF to help them have a baby • I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent) • I can identify what I am looking forward to when I move to my next class	• I know how to develop my own self esteem • I understand that puberty is a natural process that happens to everybody and that it will be OK for me • I can express how I feel about the changes that will happen to me during puberty • I appreciate how amazing it is that human bodies can reproduce in these ways • I am confident that I can cope with the changes that growing up will bring • I can start to think about changes I will make next year and know how to go about this

Vocabulary

affirmation, anxious, aspects, authentic, body image, change, characteristics, cope, conception, contraception, consent, erection, edited, embryo, emotions, excitement, facial hair, fallopian tube, fear, fertilisation, fertility treatment (IVF), filter, growth spurt, hormone, hope, hormones, influences, larynx, making love, manage, media, media influencer, menstrual cycle, menstrual pads, menstrual towels, menstruation, mental health/wellbeing, milestone, opportunities, oestrogen, ovary, ovaries, perception, perceptions, periods, pregnancy, puberty, relationships, reliable sources, responsibilities, scrotum, self, self-esteem, self-image, sexual intercourse, semen, sperm, teenager, testicles, testes, testosterone, vagina, vulva, wet dream, womb/uterus

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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 9-10

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

Self-image and body confidence

- What makes you feel confident about yourself?
- Why do images online and in media often look unrealistic?
- If someone felt worried about how they look or feel about their body, who could they talk to?

Puberty changes for girls

- Why is puberty a natural and healthy process?
- What are some physical and emotional changes for girls in puberty?
- Can you explain some ways that girls can manage periods comfortably?
- In our family, who can you talk to openly about puberty?

Puberty changes for boys

- What physical and emotional changes happen to boys during puberty?
- Are there any changes you have noticed in older boys that might be part of puberty?
- Why does everyone experience puberty at different times?
- Who could you ask for advice about growing up?

How babies are made (Sex Education)

- How are babies conceived in a loving relationship?
- Why do you think that sex is part of an **adult** relationship?
- Why is the age of consent important?
- If you had questions about relationships or bodies, who would you ask?

Being a teenager - responsibilities and pressures

- What responsibilities come with being a teenager?
- How can someone tell if what they see about teenage life in media is realistic?
- What does the age of consent mean and why does it exist?

Preparing for transition/change

- What are you excited about for your next school year?
- What worries might some children have about moving up, and who could help with them?
- How can you look after your wellbeing during times of change?

Resources and additional support for Families

- BBC Operation Ouch episode 'How Babies are Made' with further supporting clips abut puberty to choose from
- Always – Understanding First Period Symptoms, or look at NHS pages on periods for more detailed information
- Nemours guide to puberty for boys
- 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):

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