



## *safer Messages in PSHE at Gwladys Street CP and Nursery School*



Jigsaw is a comprehensive Personal, Social, Health and Economic (PSHE) education programme that places children's emotional wellbeing, safeguarding, personal development and citizenship at the heart of the curriculum. Through its six Puzzle Pieces—Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me—Jigsaw provides a carefully sequenced curriculum that promotes British Values, develops emotional literacy and delivers age-appropriate safeguarding messages.

Rather than teaching safety as a stand-alone topic, Jigsaw weaves protective behaviours, healthy relationships and emotional resilience throughout every year group, enabling children to build the knowledge and skills needed to keep themselves safe now and in the future.

### **How does Jigsaw deliver British Values?**

#### **Promotion of British Values**

Jigsaw provides meaningful opportunities for pupils to understand and practise British Values through discussion, reflection and collaborative learning.

- **Democracy:** Pupils contribute to the creation of the Jigsaw Charter, share opinions respectfully and learn that everyone's voice matters within a safe and supportive community.
- **The Rule of Law:** Children learn why rules are important in keeping people safe, both within school and in wider society. They explore rights, responsibilities and the consequences of choices.
- **Individual Liberty:** Jigsaw promotes independence, self-awareness and personal choice. Pupils learn that they have the right to feel safe, express their views and seek support when needed.
- **Mutual Respect:** Through learning about friendships, families and communities, pupils develop respect for themselves and others.
- **Tolerance of Different Faiths and Beliefs:** The Celebrating Difference Puzzle Piece encourages children to appreciate diversity and challenge stereotypes, prejudice and discrimination.

### **How does Jigsaw support PSHE Education?**

#### **Integration of PSHE Learning**



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Jigsaw directly addresses all areas of the PSHE curriculum through a progressive spiral curriculum.

- **Health and Wellbeing:** Pupils learn about physical health, emotional wellbeing, mental health, healthy lifestyles and personal safety.
- **Relationships:** Children develop an understanding of healthy friendships, family relationships, consent, boundaries and respectful communication.
- **Living in the Wider World:** Pupils explore citizenship, diversity, aspirations, economic wellbeing and their role within local and global communities.

The curriculum revisits key concepts each year, allowing pupils to deepen their understanding as they mature.

### **How does Jigsaw deliver safer messages?**

#### **Establishing Safe Learning Environments**

Jigsaw begins with the creation of the Jigsaw Charter, a shared agreement which establishes clear expectations for respectful discussion.

- Children understand they have the right to pass during discussions.
- Pupils learn that personal information should be shared appropriately and respectfully.
- The Charter promotes listening, empathy and confidentiality within safeguarding boundaries.

This creates a secure environment where sensitive topics can be explored safely.

#### **Developing Emotional Literacy and Self-Regulation**

A key safeguarding strength of Jigsaw is its focus on emotional awareness.

- Children learn to identify, name and manage emotions.
- Regular “Calm Me” sessions develop mindfulness and self-regulation skills.
- Pupils are taught strategies for managing worry, anxiety, conflict and change.



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These approaches help children build resilience and recognise when they may need support.

### **Teaching Protective Behaviours**

Jigsaw provides progressive safeguarding messages from Year 1 to Year 6.

- Understanding trusted adults and support networks.
- Recognising safe and unsafe situations.
- Understanding personal boundaries and body autonomy.
- Knowing how to seek help and report concerns.
- Recognising bullying behaviours and discrimination.
- Developing online safety awareness.
- Understanding healthy and unhealthy relationships.
- Learning about consent and respect.

These messages are revisited and strengthened throughout the primary years.

### **Creating Safe Discussions Around Sensitive Topics**

Jigsaw uses age-appropriate scenarios, stories, puppets and characters to explore sensitive issues.

- Children can discuss situations through fictional contexts.
- Difficult topics are introduced gradually through a spiral curriculum.
- Teachers are provided with clear safeguarding guidance and appropriate vocabulary.

This enables pupils to engage with challenging themes in a developmentally appropriate way.

### **Moving from Awareness to Empowerment**

Jigsaw's safeguarding approach focuses on empowering children rather than creating fear.



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- Pupils learn practical strategies for staying safe.
- Children develop confidence in seeking support.
- Lessons reinforce that worries should be shared with trusted adults.
- Pupils are encouraged to become active, respectful and responsible members of their communities.

### **The Six Puzzle Pieces and Their Safeguarding Contribution**

#### **Being Me in My World**

Promotes belonging, responsibility, rights, rules and trusted relationships.

#### **Celebrating Difference**

Develops respect, inclusion, anti-bullying awareness and understanding of diversity.

#### **Dreams and Goals**

Builds resilience, perseverance and positive self-esteem.

#### **Healthy Me**

Teaches physical health, mental wellbeing, risk awareness and healthy choices.

#### **Relationships**

Develops understanding of friendships, families, consent, boundaries and online safety.

#### **Changing Me**

Supports pupils in understanding growth, puberty, body autonomy and transition.

#### **Conclusion**

Jigsaw provides a comprehensive safeguarding curriculum that equips children with the knowledge, skills and confidence to stay safe, build healthy relationships and manage life's challenges. Through its integration of



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PSHE education, British Values and protective behaviours, the programme helps pupils become resilient, respectful and responsible citizens who know how to seek help when they need it.