



Glebe Primary School

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Dear Parents and Carers,

I hope this message finds you well.

We would like to inform you that, as part of our PSHE (Personal, Social, Health and Economic) education curriculum, we are beginning teaching the Jigsaw unit titled *Relationships*. This unit is a statutory part of the primary curriculum that all children are required to take part in and is designed to support children in developing a clear understanding of healthy relationships and their place in the wider world.

Throughout the unit, children will explore a range of topics appropriate to their age, including friendships, family relationships and how to recognise and respect similarities and differences between people. The lessons will include examples of different family types, helping children to understand that families can be diverse and that all families should be valued and respected. This supports the development of empathy, inclusion and a sense of belonging for all pupils.

Please be assured that all lessons are carefully planned and thoughtfully delivered in a way that is age-appropriate, sensitive and aligned with national guidance. Our aim is to provide a safe and supportive environment in which children can learn, ask questions and develop important life skills.

Below is further guidance about the information covered:

Jigsaw 3 -11/12 Knowledge Content: Snapshot Overview:

Age Group	Relationships		
Ages 3-5	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Ages 6-7	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships
Ages 5-6	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Ages 7-8	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends
		Ages 8-9	Jealousy Love and loss Memories of loved ones Getting and Falling Out Girlfriends and Boyfriends Showing appreciation to people and animals
		Ages 9-10	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules
		Ages 10-11	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use

If you would like to find out more about the content of the unit or have any questions please contact your child's class teacher.

Thank you for your continued support.

