

# PREPARATION FOR ADULTHOOD CURRICULUM MAP - JIGSAW/NCFE RSHE



## Year 7 - Citizenship

### Half Term 1

Being Me in My World -  
Unique Me

### Half Term 2

Celebrating Difference -  
Bullying

### Half Term 3

Dreams and Goals -  
Celebrating Success

### Half Term 4

Healthy Me - Managing  
Mental Health

### Half Term 5

Relationships - Healthy  
Relationships

### Half Term 6

Changing Me - Puberty



## Year 8 - RE

### Half Term 1

Being Me in My World -  
Self-identity

### Half Term 2

Celebrating Difference -  
Positive Changes

### Half Term 3

Dreams and Goals - Long-  
term Goals

### Half Term 4

Healthy Me - Physical  
Health

### Half Term 5

Relationships - Positive  
relationship with self

### Half Term 6

Changing Me - Intimate  
relationships



## Year 9 - Prince's Trust

### Half Term 1

Being Me in My World -  
Consent

### Half Term 2

Celebrating Difference -  
Equality act

### Half Term 3

Dreams and Goals -  
Personal strengths

### Half Term 4

Healthy Me - Health Choices

### Half Term 5

Relationships - Power and  
control

### Half Term 6

Changing Me - Mental  
Health



## Year 10 - Prince's Trust

### Half Term 1

Being Me in My World -  
Human rights

### Half Term 2

Celebrating Difference -  
Equality in the workplace

### Half Term 3

Dreams and Goals -  
Reaching goals

### Half Term 4

Healthy Me - Improving  
health

### Half Term 5

Relationships - Sustaining long-  
term relationships

### Half Term 6

Changing Me - Societal  
change



## Year 11 - Prince's Trust

### Half Term 1

Being Me in My World -  
Becoming an adult

### Half Term 2

Being me in my world -  
Online safety

### Half Term 3

Dreams and Goals -  
Solution focused thinking

### Half Term 4

Healthy Me - Managing  
anxiety and stress

### Half Term 5

Relationships - Gender and  
sexuality

