



Relationships Puzzle Map - Ages 10-11

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1.What is Mental Health?	I know that it is important to take care of my mental health	I understand that people can get problems with their mental health and that it is nothing to be ashamed of
2.My Mental Health	I know how to take care of my mental health	I can help myself and others when worried about a mental health problem
3.Love and Loss	I understand that there are different stages of grief and that there are different types of loss that cause people to grieve	I can recognise when I am feeling those emotions and have strategies to manage them
4.Power and Control	I can recognise when people are trying to gain power or control	I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control
5.Being Online: Real or Fake? Safe or Unsafe?	I can judge whether something online is safe and helpful for me	I can resist pressure to do something online that might hurt myself or others
6.Using Technology Responsibly Puzzle Outcome: Internet Safety Presentation Assessment Opportunity	I can use technology positively and safely to communicate with my friends and family	I can take responsibility for my own safety and well-being

