

Know how to make friends	1. What is Mental Health? <i>Mental health</i> <i>Ashamed</i> <i>Stigma</i> <i>Stress</i> <i>Anxiety</i> <i>Support</i>	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	Post-it notes or slips of paper Optional: Set of balance scales 'Situation cards'
Try to solve friendship problems when they occur	2. My Mental Health <i>Mental health</i> <i>Worried</i> <i>Signs</i> <i>Stress</i> <i>Anxiety</i> <i>Warning</i> <i>Support</i>	I know how to take care of my mental health	I can help myself and others when worried about a mental health problem	Ball of string or wool Thoughts, feelings and actions handouts Scenario cards
Help others to feel part of a group	3. Love and Loss <i>Emotions</i> <i>Feelings</i> <i>Sadness</i> <i>Loss</i> <i>Grief</i> <i>Denial</i> <i>Despair</i> <i>Guilt</i> <i>Shock</i> <i>Anger</i> <i>Acceptance</i>	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	20 random objects on a tray Loss or change cards Post-it notes Optional: Jigsaw in Focus book: 'Can You Hear the Sea?' available to purchase from the Jigsaw online store Scenario cards
Show respect in how they treat others	4. Power and Control <i>Power</i> <i>Control</i> <i>Authority</i> <i>Bullying</i> <i>Assertive</i> <i>Strategies</i>	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	Power and Control scenario cards

Know how to help themselves and others when they feel upset or hurt	5. Being Online: Real or Fake? Safe or Unsafe? • <i>Risks</i> • <i>Pressure</i> • <i>Influences</i> • <i>Self-control</i> • <i>Real/Fake</i> • <i>True/untrue</i> • <i>AI (Artificial Intelligence)</i>	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	Calculators 'Online scenario cards'
Know and show what makes a good relationship	6. Using Technology Responsibly • <i>Communication</i> • <i>Technology</i> • <i>Power</i> • <i>Control</i> • <i>Cyberbullying</i> • <i>Abuse</i> • <i>Safety</i> 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	Planning sheets for Internet safety PowerPoint presentation Certificates