



Jigsaw 11-16 and Preventing Racism

Jigsaw, the mindful approach to PSHE, for ages 3-16, is a comprehensive PSHE Programme for Personal, Social, Health Education.

The whole-school approach, with a lesson-a-week for every year group, ensures that learning themes are revisited spirally and developed each year.

The 6 Puzzles (half-term units) are:

- Being Me in My World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me

The Jigsaw Programme has children's and young people's wellbeing at its heart. Believing that emotional and mental health are fundamental to learning, relationships and life; and a sense of identity, the feeling of belonging, coupled with inner strength, calm and resilience are essential for success, Jigsaw is underpinned by mindfulness philosophy.

Mindfulness practice in every lesson empowers young people to be aware of their thoughts and feelings as they arise, consciously making decisions about the ensuing actions and responses, thus enabling them to grow in self-regulation.

Developing self-respect and an understanding of themselves is at the core of building respect for others. Jigsaw is inclusive, valuing all children and young people and expecting them to respect others.

The UN Convention on the Rights of the Child, the Universal Declaration of Human Rights, British Values like the Rule of Law, equality Act, social issues and injustice are all learnt about in Jigsaw. The Celebrating Difference Puzzle specifically looks at difference in a positive way whilst also studying how difference can be a source of prejudice and discrimination, and how individuals and society can bring about a fair and respectful world.

Jigsaw PSHE is concerned with the development of the whole individual, helping them to discover and celebrate their own uniqueness whilst recognising that others have the right to be unique too. There are many lessons which look at relationships and how we should treat each other, what signs of influence and control they should look out for, and how to manage these.

Jigsaw 11-16 recognises that human life brings a variety of challenges and helps young people develop and build resilience to ensure they and others are treated equally and fairly.

It also recognises that they need to be given the same opportunities to challenge themselves, be creative and flourish irrespective of any geographical, ethnic, gender or orientational perceived difference.

We recognise that recent events (2020) have shone a bright light on inequality, and see this as the perfect opportunity to signpost some specific lessons which will help teachers and students realise that they have a role to play in forming a better society for now and in the future.

Some Jigsaw lessons have been selected in the table below to highlight some specific issues and we invite teachers to add relevant *current events* to these lessons to help young people understand the world we are part of and try to make it better.

Year/Age	Puzzle	Piece	Content included	Stat RSHE outcomes
7 (11-12)	Celebrating Difference	1	Prejudice and discrimination, positive bystander impact exercise, assertiveness tools	RRb, RRd, RRe, MWa, MWb,
	Relationships	5	Assertiveness skills – Rights and responsibilities (this could contribute to standing up to injustice)	RRa, RRb, RRd, OMa, OMb, BSb, ISRd, MWe, ISb,
8 (12-13)	Being Me in My World	5	Being respectful of other beliefs and cultures – protected characteristics	FAMc, FAMd, RRh,
	Celebrating Difference	1	Story of Anne Frank – why is there still racial and religious prejudice? Hate crimes – definition and laws	RRd, MWa, ISb,
	Celebrating Difference	2	Social inequality – ethnicity is listed as a reason	RRd, MWe,
	Celebrating Difference	5	Standing up for what you believe in – activity Mala Yousafzai example – What matters to you exercise – includes racism as a topic	RRe, RRh, MWb, MWf, ISb,
9 (13-14)	Celebrating Difference	1	Prejudice, Discrimination, the Quality Act and Protected Characteristics – the law on Hate Crime	FAMg, RRc, RRe, RRh,
	Celebrating Difference	2	Discriminatory behaviour – focus is age and gender, but race is also mentioned Why do some people judge others negatively?	RRc, RRh, MWa, MWc,
	Celebrating Difference	5	Diversity, Discrimination, protected characteristics, Equality – have we got there yet?	RRd, RRf,
	Celebrating Difference	6	Stereotyping and Prejudice – protecting ourselves and others from discrimination activity	RRb, RRc, RRd,
10 (14-15)	Being Me in My World	1	Human Rights Act and Freedom	RRd,
	Celebrating Difference	3	Benefits of a Multicultural Society – equality and inequality -	MWb,
	Celebrating Difference	5	Inequality in society – issues leading from it (mental and physical health) – Challenging and fighting inequality – charities – action groups	MWa, MWc, ISb,