



The mind

Children are taught about privacy in Jigsaw lessons from ages 6-7 upwards, and which parts of their bodies are private, which can help children to express more easily if someone else is taking a picture of them.

10-11	Relationships	2 -My Mental Health	The class considers the cycle of thoughts, feelings and actions and talk through how we can use this knowledge to help ourselves, and then discuss further scenarios in small groups.	As children grow older, these more complex scenarios help them to see that adults are aware of all kinds of different difficulties and want to be able to help them to find someone they can trust.
10-11	Relationships	4 - Power and Control	Returning to more assertiveness training, where children learn to recognise when people are trying to gain control or power, and how they can stand up for themselves (and their friends) in situations when others try to gain control or power.	Power and Control headlines and scenario cards are used to facilitate discussion among the children so they can decide on whether someone is being 'controlling' - and then to practise some helpful assertiveness techniques, which demonstrate how to deal with some of these situations.
10-11	Changing Me	2 - Puberty	This extended lesson encourages discussion and questioning about our bodies and puberty, and it is recommended that the school nurse may come in to work alongside the teacher.	Children are discussing how all bodies are different, but discussion also may come up around the clitoris, and male circumcision. Children are able to see the nurse as an alternative adult to trust, and encouraged to ask questions in the question box, demonstrating another initial way of finding support similar to calling a helpline for advice or information.

Additional Lessons on FGM to be used alongside Jigsaw 3-11

For schools in areas where there is a more specific need for introducing lessons on FGM into the Primary classroom, there are 2 optional lessons on the Community Area which provide more opportunity for considering this. The lesson for KS1 allows teachers to further reinforce the importance of telling an adult if your body is hurting, and that no-one has the right to change or hurt you; but does not describe or reference FGM itself. The Key Stage 2 lesson describes in outline what FGM is without using any images or detailed descriptions, and encourages pupils to consider different scenarios and who to go to for help.

This lesson in particular should not be undertaken without the full knowledge of all school staff as children may look for a trusted adult to talk to after this lesson. We would also recommend that it be delivered in conjunction with the support of the local community and specialist FGM community support groups where possible. Teaching in this area needs to promote open discussion and break down taboos in the community and there is a danger of it causing division if the local community does not know about it until after it has been taught.

For this reason, it is important that this work is planned into the school's teaching, and reflected in the PSHE policy as part of the school's statutory RSHE provision wherever possible, enabling parents to see how it fits into the wider programme.
