



Esafety within the Jigsaw PSHE programme



Esafety content	Year 3	Year 4	Year 5	Year 6
How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed	Relationships - lesson 3	Celebrating difference – lessons 2 and 3 Healthy me – lessons 1, 2, 5 and 6 Relationships – lesson 4	Celebrating difference – lesson 4 Relationships – lessons 2 and 6	Celebrating difference – lessons 3 and 4 Healthy me – lessons 3 and 4 Relationships – lesson 5
Different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders and how to get help	Relationships - lesson 3	Celebrating difference – lesson 3	Celebrating difference – lessons 4 and 5 Relationships – lesson 2	Celebrating difference – lesson 4 Relationships – lesson 4
People sometimes behave differently online, including by pretending to be someone they are not	Healthy me – lesson 5 Relationships - lesson 3	Celebrating difference – lesson 2 Healthy me – lessons 2 and 5	Relationships – lessons 2, 3, 4, 5 and 6	Relationships – lesson 5
The same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous	Being me in my world – lesson 4 Healthy me – lesson 5 Relationships - lesson 3	Celebrating difference – lesson 2 Healthy me – lesson 2	Relationships – lessons 2, 3, 4, 5 and 6	Celebrating difference – lesson 3 Relationships – lessons 5 and 6
Rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them	Healthy Me – lessons 4 and 5 Relationships - lesson 3	Celebrating difference – lessons 2 and 3 Healthy me – lessons 2 and 6	Relationships – lessons 2, 3, 4, 5 and 6	Relationships – lessons 5 and 6
How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met	Healthy Me – lessons 4 and 5 Relationships - lesson 3		Relationships – lessons 2, 3, 4, 5 and 6	Relationships – lessons 5 and 6
How information and data is shared and used online	Healthy Me – lessons 4 and 5 Relationships - lesson 3		Relationships – lessons 2, 3, 4, 5 and 6	Relationships – lessons 5 and 6
What sorts of boundaries are appropriate in friendships with peers and	Healthy Me – lessons 4 and 5	Celebrating difference – lesson 2	Healthy Me – lesson 4	Celebrating difference – lesson 3



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others (including in a digital context)	Relationships - lesson 3	Healthy me – lessons 2, 5 and 6 Relationships – lesson 4	Relationships – lessons 2 and 3 Changing Me – lesson 3	Healthy me – lessons 3 and 4 Relationships – lessons 4, 5 and 6
The concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe	Healthy Me – lessons 4 and 5 Relationships - lesson 3		Relationships – lessons 2 and 3 Changing me – lesson 3	Healthy me – lesson 6 Relationships – lessons 4, 5 and 6
How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know	Healthy Me – lessons 4 and 5			Relationships – lessons 4, 5 and 6
How to recognise and report feelings of being unsafe or feeling bad about any adult		Healthy me – lesson 5	Celebrating difference – lesson 3 Relationships – lessons 2 and 3	Relationships – lesson 5
How to report concerns or abuse, and the vocabulary and confidence needed to do so		Celebrating difference – lesson 3 Healthy me – lesson 3	Relationships – lesson 2	Celebrating difference – lessons 3 and 4 Healthy me – lessons 1, 3, 4 and 6 Relationships – lesson 4
That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing		Celebrating difference – lesson 3	Celebrating difference – lessons 4 and 5 Relationships – lessons 2 and 3	Celebrating difference – lesson 4 Healthy me – lessons 3 and 4 Relationships – lesson 4
Where and how to seek support, including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)	Celebrating difference – lesson 2 Healthy Me – lessons 4 and 5 Relationships - lesson 3	Celebrating difference – lesson 4	Celebrating difference – lessons 3, 4 and 5 Relationships – lessons 2 and 3	Healthy me – lessons 1, 3, 4 and 6 Relationships – lessons 2 and 4 Changing me – lessons 3 and 4
For most people the internet is an integral part	Healthy Me – lessons 4 and 5		Relationships – lessons 2, 3, 4, 5 and 6	Relationships – lessons 5 and 6



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of life and has many benefits	Relationships - lesson 3			
The benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing	Relationships - lesson 3		Relationships – lessons 2, 3, 4, 5 and 6	Healthy me – lesson 6 Relationships – lessons 5 and 6
How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private	Relationships - lesson 3	Celebrating difference – lesson 3	Relationships – lessons 2, 3, 4, 5 and 6	Celebrating difference – lessons 3 and 4 Relationships – lessons 5 and 6
Why social media, some computer games and online gaming, for example, are age restricted	Relationships - lesson 3		Relationships – lessons 2, 3, 4, 5 and 6	Relationships – lessons 5 and 6
The internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health	Relationships - lesson 3		Relationships – lessons 2, 3, 4, 5 and 6	Relationships – lessons 5 and 6
How to be a discerning consumer of information online including understanding that information, included that form search engines, is ranked, selected and targeted	Relationships - lesson 3		Relationships – lessons 2, 3, 4, 5 and 6	Relationships – lessons 5 and 6
Where and how to report concerns and get support with issues online	Healthy me – lesson 4 Relationships - lesson 3		Relationships – lessons 2, 3, 4, 5 and 6	Celebrating difference – lessons 3 and 4 Healthy me – lessons 1, 3, 4 and 6 Relationships – lessons 2, 4, 5 and 6