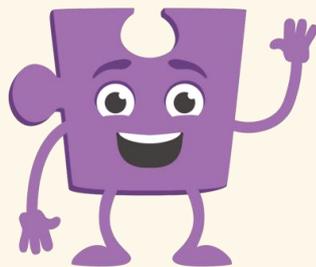
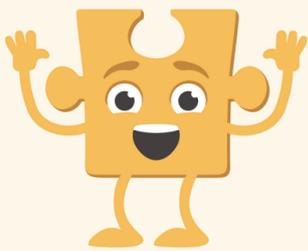




JIGSAW PSHE 3-11: SUMMARY OF UPDATES

**Get ready for
September 2026**

January 2026



Introduction

The DfE published new RSHE statutory guidance in July 2025, which becomes mandatory for schools in September 2026. Over the past four months, we have undertaken a comprehensive review of Jigsaw PSHE 3-11 to ensure full compliance with the updated requirements.

The good news: Jigsaw's approach has always been rooted in best practice, and schools using existing Jigsaw PSHE materials are already teaching content in line with most of the changes in the statutory guidance. Our evidence-informed, whole-school approach, with its emphasis on emotional literacy, age-appropriate progression, and safeguarding, aligns strongly with the DfE's enhanced expectations.

What this means for your school: The structure of Jigsaw remains unchanged. You will continue to teach the same six Puzzles in the same sequence. Changes to Jigsaw PSHE 3-11 for September 2026 have:

- Updated existing content with contemporary issues
- Ensured full compliance with new statutory requirements
- Enhanced emotional literacy throughout
- Strengthened safeguarding messages
- Developed opportunities for development of new supporting materials

Where to find the detail:

- New lesson plans, online Puzzle Maps and Class Teacher Prep can be found alongside all the existing materials in every Puzzle
- Updated Puzzle Maps and RSHE Mapping Documents on the Jigsaw PSHE portal **which describe every lesson and highlight the main changes lesson by lesson** in Jigsaw > Community > PSHE Primary > Documents > Mapping Documents then choose RSHE England 2026 (also found in [Get Ready for September 2026](#))
- Emotional Literacy Materials found in [Jigsaw+ \(Oracy\)](#)
- New Parent Presentations in [Parent and Carers Section](#)

This document provides an overview to help you understand the scope of the updates, with the new-style Puzzle Maps and supporting mapping documents giving you the lesson-by-lesson detail.

Where the changes are – an overview

While the guiding principles align closely with Jigsaw's existing approach, the statutory content itself has been significantly expanded. The 2025 guidance provides more detailed and specific statements about what children should be taught, particularly in areas such as online safety, mental health and wellbeing, and personal safety. Some topics that were implicit in the 2019 guidance are now explicitly required, including content on AI-generated material, social media age restrictions, and a broader range of physical safety contexts. The following sections outline how Jigsaw has responded to these expanded expectations.

Safety Education

The new guidance places significant emphasis on safety education. This is one of the areas where we have made the most substantial changes across the programme. We have responded by:

- **Introducing the Safety STAR framework** (Stop, Think, Assess, React) – a consistent decision-making tool used across multiple age groups and contexts
- **Creating new safety-focused lessons** covering fire safety, road safety, railway safety, and water safety
- **Adding safety content, especially throughout Healthy Me** – including new scenarios, updated teaching materials, and strengthened messaging on recognising and responding to risks
- **Enhancing peer influence content** to help children recognise and respond to pressure in safety contexts
- **Developing Safety Assemblies** (coming soon) to support whole-school approaches to safety education

Full details can be found in the updated Puzzle Maps, which describe each lesson and highlight the main changes.

Online Safety and Digital Literacy

The guidance has expanded expectations around online safety. Our updates include:

- New content on how search engines rank and select results
- Teaching about how online content is selected and targeted
- Enhanced SMARRT rules with Safety STAR integration
- Updated content on AI technology and automatic filters (e.g. in body image lessons)

- Strengthened content on digital spending risks, in-game purchases, and keeping personal information safe
- Updated content on the permanent nature of digital content and legal implications

Health Protection and Prevention

The guidance expands expectations around physical health. We have:

- Strengthened content on vaccinations, viruses, and sun safety
- Added nicotine pouches alongside smoking and vaping content
- Updated statistics and data sources throughout
- Enhanced content on peer and media influence (including social media)
- Added content linking lifestyle choices to early signs of illness

Personal Hygiene

The guidance places greater emphasis on personal hygiene. We have:

- Enhanced content in Healthy Me and Changing Me around personal hygiene including a **new lesson** for Ages 7-8 (Year 3)
- Enhanced bacteria and virus content, starting in the younger age groups
- Strengthened dental health and handwashing content throughout
- Restructured puberty content to allow for more content on seeking support and to create space for hygiene education

Relationships and Safeguarding

The guidance strengthens expectations around safeguarding. We have:

- Enhanced messaging on **persistent help-seeking** ("keep telling until someone helps") and to support children at all ages to identify who this might be
- Encouraged children to identify multiple trusted adults (their 'inner circle') so they feel confident to keep asking for help
- Strengthened the distinction between 'worry secrets' and 'good secrets'
- Enhanced signposting to support services including Childline
- Strengthened content on treating others fairly and understanding protected characteristics, supporting broader Ofsted expectations

Financial Education

While the statutory guidance focuses specifically on digital spending and financial harm, we have taken the opportunity to refresh our financial capability content more broadly, covering both offline and online contexts, including:

- A **new lesson** on money and spending at Ages 9-10
- Additional content on digital spending risks and attitudes to saving/spending
- Strengthened critical thinking about how jobs/careers are portrayed in media

Identity and Belonging

We have enhanced content to support children's understanding of identity and their place within families and friendships:

- New lessons at Ages 8-9 exploring personal identity ('Unique Me') and family structures ('Being Part of a Family')
- Enhanced content normalising loneliness and supporting children to reconnect when they feel isolated
- Strengthened content on diverse family types and caring friendships across the programme
- Enhanced self-esteem and self-worth content, building on Jigsaw's existing emotional literacy approach

Sex Education

In line with the guidance, we have:

- **Removed sex education content from Ages 8-9 (Year 4)** – sex education now begins in Year 5. Pupils who were previously taught sex education in Yr5 will still find progression in new Year 5 content, but we recommend this is checked as part of content review across all of Key Stage 2 for Changing Me.
- Updated puberty content from Year 3 onwards to contain less content that may be considered sex education
- Created clearer separation between statutory content and non-statutory sex education, supporting schools with parent communication and withdrawal requests

*For a complete overview of where each aspect of all these topics is taught across the programme, you can use the updated **RSHE Mapping (Broad)** document which gives a brief overview of all lessons contributing to each standard or follow themes more specifically through the more focussed **RSHE Mapping Document (Key Lessons)**.*

Both can be found in the [Get Ready for September 2026 section](#).

Jigsaw PSHE 3-11- Table Key Lesson Changes for 2026

There are no significant structural changes to individual lessons in this Puzzle. Content has been refreshed and updated, enhancing citizenship and democracy content as well as ensuring clearer links to the new statutory guidance.

Celebrating Difference

This Puzzle has minor structural changes, with two lessons renamed to better reflect their updated focus.

Age Group	Lesson/Piece	Type of Change	Summary
Ages 6-7	P1: Now 'Assumptions'	Renamed	Lesson broadly similar, with enhanced focus on challenging gender stereotypes.
Ages 6-7	P5: Now 'We're All Different'	Renamed	Refreshed Connect Us to broaden initial ideas of our differences, to draw out respect for diverse interests and backgrounds.

Additional updates across this Puzzle include enhanced focus on courtesy and manners when discussing difference, strengthened content on persistent help-seeking with bullying, and more explicit reference to protected characteristics across upper KS2.



Dreams and Goals

This Puzzle includes two new lessons and some restructuring, particularly in KS1 where relevant content has been moved from Healthy Me to make space for new safety lessons.

Age Group	Lesson/Piece	Type of Change	Summary
Ages 6-7	P2: Now 'Being Healthy'	Restructured	"My Learning Strengths" removed. "Being Healthy" moved here from Healthy Me, with focus on links between physical health and mental wellbeing to support dreams and goals.
Ages 6-7	P5: Now 'Being Relaxed'	Restructured	"A Group Challenge" removed. "Being Relaxed" moved here from Healthy Me, building learning on balanced wellbeing. Group Challenge condensed into P4.
Ages 7-8	P4: Choices that help us grow	Significant Change	New lesson title, and change of focus to a community garden.
Ages 8-9	P2 & P3: Learning Intentions	Restructured	Learning Intentions extended to reflect greater focus across lessons on disappointment/resilience.
Ages 9-10	P2: Keeping Track of Money	New Lesson	Digital spending risks, in-game purchases, attitudes to saving/spending. (Previous content on jobs similar to that in P3, which has been updated.)
Ages 10-11	P2: Steps to Success	New Lesson	Same name, but new Learning Intentions and content on how to break goals down into manageable steps.

Additional updates across this Puzzle include enhanced vocabulary around feelings connected to taking steps to and achieving our dreams and goals, refreshed images and visual prompts, and strengthened critical thinking about how careers are portrayed in media.

Healthy Me

This Puzzle has some of the most substantial changes, with three new safety-focused lessons and the introduction of specific safety themes in many existing lessons.

Age Group	Lesson/Piece	Type of Change	Summary
Ages 6-7	P1 & P2	Restructured	Previous P4 "Healthy Eating" and P5 now in P1 and P2, making space for new Safety lessons later in Puzzle.
Ages 6-7	P3: Keeping Safe at Home	New Lesson	Fire risks, kitchen hazards, burns treatment, Stop Drop Roll. Introduces Safety STAR framework.
Ages 6-7	P4: Safe Outside	New Lesson	Roads, railways, water, parks safety. Safety STAR applied throughout.
Ages 6-7	P5: Medicine Safety	Restructured	Previous P3 moved to P5 (new position), but content unchanged
Ages 7-8	P5: Safe or Unsafe	Significant Change	Now focused on Water Safety Code, cold water shock. Safety STAR added. Emergency services content.
Ages 8-9	P2: Staying Safe with Friends	New Lesson	Peer influence in safety contexts. Fire risks, railway safety. Safety STAR for decision-making.
Ages 8-9	P3: Piece name and Learning Intentions	Restructured	Name and intentions reflect additional content on vaping.
Ages 8-9	P5: Healthy Friendships	Significant Change	Aiden's story replaced with Sam's story updated with railway safety context (also continued into P6) and more on peer pressure.
Ages 9-10	P4: Body Image	Significant Change	Similar structure, but much more on AI technology/digital filters/social media impact.

Additional updates across this Puzzle include the Safety STAR framework introduced as a consistent tool, contemporary health content (nicotine pouches, AI filters), and enhanced personal hygiene, dental health and sun safety content.

Relationships

This Puzzle has relatively few structural changes, with updates focused on lesson names and enhanced digital literacy content.

Age Group	Lesson/Piece	Type of Change	Summary
Ages 7-8	P3: Now 'Global Connections and Thinking Critically'	Renamed	Name changed to reflect changed focus of content over last few years. Learning Intentions the same.
Ages 7-8	P4: Now 'Rights, Needs and Wellbeing'	Renamed	Name changed to reflect changed focus of content over last few years. Learning Intentions the same.
Ages 7-8	P5: Learning Intentions	Restructured	Small change to SEL (green) Learning Intention.
Ages 9-10	P6: Learning Intentions	Restructured	Updated to reflect updated content across whole Puzzle that is reviewed in this lesson.
Ages 10-11	P5 & P6	Significant Change	Changed to focus more on AI, although structure and other content similar.

Additional updates across this Puzzle include strengthened safeguarding messages throughout, significant digital literacy updates, and enhanced SMARRT rules with Safety STAR integration. This can be seen in Ages 9-10 where all lessons have been updated in line with clarity around expectations around the content for digital wellbeing and online safety.

Changing Me

This Puzzle has significant changes, including four new lessons, restructured puberty content, and the removal of sex education from Year 4 (now beginning in Year 5).

Age Group	Lesson/Piece	Type of Change	Summary
Ages 5-6	Learning Intention	Restructured	Removed 'vagina' from Learning Intention as not external body part (introduced in Ages 6-7).
Ages 6-7	Learning Intention	Restructured	Updated SEL (green) Learning Intention.
Ages 7-8	P2 & P3	Restructured	Previous P3 and P4 moved to P2 and P3 (and updated) to fill gap as previous P2 removed.
Ages 7-8	P4: Keeping Ourselves Clean	New Lesson	Personal hygiene lesson linked to learning about growing and changing. Previous P2 on Babies removed as content moved to allow gentler progression to Year 5 introduction of non-statutory sex education.
Ages 7-8	P5: Family Stereotypes	Significant Change	Significant changes to draw further on the characteristics of caring families.
Ages 8-9	P1: Unique Me	New Lesson	New focus and learning intentions to support learning about identity, including heritage, values and personal choices.
Ages 8-9	P2 & P3	Restructured	Sex education content removed from this age group (now starts Year 5). All pieces restructured with updated puberty content.
Ages 8-9	P3: Being Part of a Family	New Lesson	Family structures. 'Inner circle' of trusted people. Support signposting.
Ages 9-10	P3: Inside Body Changes	Significant Change	Reordered. New graphics for reproductive systems. Enhanced trusted adult content.
Ages 9-10	P4: Learning Intention	Restructured	Small change to Knowledge (purple) Learning Intention.

Ages 10-11	P1	Significant Change	Added much more content to support self-image and positive emotional language.
Ages 10-11	P2	Significant Change	Changes to structure and activities in Tell Me/Show Me and Let Me Learn, added significant content on personal hygiene

Puberty content across Ages 7-8, 8-9, 9-10 and 10-11: Content that may be considered sex education in some schools has been reduced and lower key stage 2 content adjusted to reflect how non-statutory sex education lessons now begin in Year 5. New images have been included in puberty lessons, especially for schools choosing not to use animations.

Additional updates across this Puzzle include updated graphics for reproductive systems and enhanced support signposting throughout.

