

Jigsaw PSHE 3–11 Update for September 2026

Parent Workshop.

Tuesday 7th July 2026



Why are changes happening?

New government RSHE guidance published July 2025
All primary schools must follow from Sept 2026

Guidance is **more detailed**, especially around:

- Online safety
- Safeguarding
- Mental health
- Health education
- Jigsaw has been updated to reflect this.

What stays the same? (Reassurance)

Same **6 Jigsaw Puzzles** across the school

- Same spiral curriculum approach
- Same lesson structure and ethos
- No major redesign of the programme

Key takeaway: schools already using Jigsaw are largely already compliant

What's new overall?

Key areas of update:

- Stronger **online safety & digital awareness** (Relationships / Healthy Me – KS2)
- Increased focus on **safeguarding and help-seeking** (All units – All year groups)
- More **mental health & wellbeing content** (Being Me In My World / Healthy Me – All year groups)
- Updated **health education** (Healthy Me – All year groups)
- More explicit teaching of **risk and decision-making** (Healthy Me / Relationships – KS2)

Safety & safeguarding focus

New emphasis on recognising and managing risk.

Safety taught across:

- Roads 🚚 (Healthy Me – Year 3–6)
- Railways 🚂 (Healthy Me – Year 3–6)
- Water 🌊 (Healthy Me – Year 3–6)
- Home & outdoor safety (Healthy Me – Year 3–6)

Children taught to:

- Keep asking for help (“persistent help-seeking”) (All units – All year groups)
- Identify trusted adults (Being Me In My World / Relationships – Year 1–6)
- Understand safe vs unsafe situations (Healthy Me / Relationships – KS1–KS2)

Online safety & digital life

How the internet works and how content is chosen (Relationships – KS2)

Introduction to AI and online content awareness  (Relationships – Y5–6)

Online risks include:

- In-app purchases and spending  (Healthy Me / Dreams & Goals – Y3–6)
- Social media age rules and safety (Relationships – KS2)
- Understanding that online posts are permanent (Relationships – KS2)
- Focus: helping children make safe, informed choices online

Health, wellbeing & identity

- Understanding emotions, wellbeing and resilience 🧠 (Being Me / Healthy Me – All year groups)
- Personal hygiene and puberty education 🚻 (Changing Me – Y3–6)
- Health awareness including sun safety and vaccinations ☀️ (Healthy Me – Y3–6)
- Learning about identity, families and belonging 👤 (Celebrating Difference / Being Me – KS1–KS2)
- Building self-esteem and understanding feelings like loneliness (Being Me – KS2)

Relationships, puberty & what this means for families

- Sex education content now begins in **Year 5** (Changing Me – Year 5–6)
- Puberty teaching is more structured and age-appropriate (Changing Me – Year 3–6)
- Optional sex education content (Changing Me – Upper KS2 only)

And finally...

- **Thank you for listening**
- We hope this overview has been helpful in explaining the 2026 Jigsaw PSHE updates
- These changes are designed to:
 - Strengthen safeguarding and safety education
 - Support children's wellbeing and digital awareness
 - Remain fully in line with government guidance