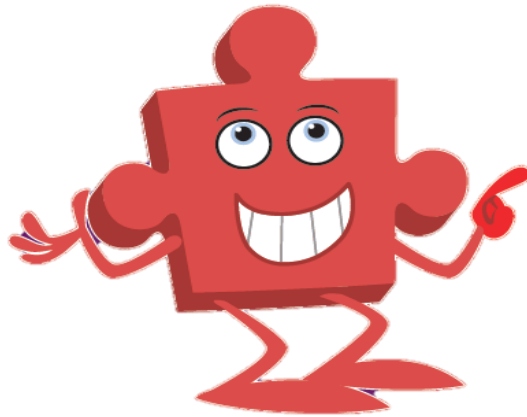


*This half term in Jigsaw we are focusing on the topic: Relationships*



*We will discuss how it is important to take care of our mental health and ways we can do this.*



*We will understand that there are different stages of grief and that there are different types of loss that cause people to grieve. We will learn ways to manage these emotions.*

*We will learn to recognise when people are trying to gain control and ways to stand up for myself in these situations.*

*We will learn to judge whether something online is safe and helpful to us and learn ways to resist pressure to do something online that may harm myself or others.*

*We will discuss ways to use technology positively and safely to communicate with friends and families.*

