

RELATIONSHIPS

Jigsaw **Jem's** Journey

How can I build positive, healthy relationships?



stress
anxiety
grief
loneliness
self care

power
control
assertive
bullying

courtesy
respect
rights

I will learn about...

- the importance of looking after my mental health
- ways to take care of my mental health
- stages of grief and different types of loss
- how to recognise when people are trying to gain power or control
- ways to judge whether something online is safe and helpful for me
- using technology to communicate positively with others

I will explore...

- problems people can experience with their mental health
- how to help myself and others when worried about a mental health concern
- strategies to manage loss
- different ways to stand up for myself and others when someone is trying to gain power or control
- how to resist pressure to do something online that might hurt myself or others
- how to take responsibility for my own safety and well-being

digital rights
age
restrictions
personal data
privacy
consent
Artificial
Intelligence (AI)

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Can you explain why people may experience a range of feelings associated with loss?

My Thinking Pad

What have I learnt in this puzzle that helps me to build positive, healthy relationships?

People might feel ...
if they lose someone special because...

I know that someone might be trying to gain power or control in a relationship when they...

I know that I can try to manage a situation like this by...

How could you stand up for yourself or a friend when someone may be using controlling behaviour?

Is it easier or harder to stand up for what is right when you are online instead of face-to-face?

Looking back at my journey

Something important I learned

I feel proud that...

A question I still have is...

