



Coram Life Education

Helping Children Make Healthy Choices

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Life Education

SCARF

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What is Relationships Education?

Relationships Education in primary schools should teach the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other peers and adults. At Coram Life Education we believe that children should learn about relationships as well as the emotional, social and physical aspects of growing up, human sexuality and sexual health, in an age-appropriate way. This goes beyond learning about relationships, to include puberty, how a baby is conceived and born, body ownership, and safeguarding. Although we refer to our resources as our Relationship Education programme, they also include elements of Health Education as well as non-statutory sex education. Therefore we often refer to the content as RSE: Relationships and Sex Education.

Our RSE lessons are a key part of SCARF – our programme and resources for schools which provides much more than a PSHE scheme of work. SCARF provides the framework for a whole-school approach to improving children’s wellbeing and attainment, based on the five SCARF values of safety (S), caring (C), achievement (A), resilience (R) and friendship (F).

Our Relationships and Sex Education resources help children and young people to be safe, healthy and happy as they grow, and in their future lives. Delivered as part of PSHE (England) RSHP (Scotland) or Science, they help schools meet their current SMSC development, safeguarding, and emotional wellbeing requirements, as well as ensuring that they meet the requirements of the DfE Primary Relationships, Sex and Health Education Curriculum, and National Curriculum Science from 2020. In the following pages you will see how our programme builds each year, introducing each theme in an age-appropriate way.

Year 3 content

Extending learning

Content to include:

- Change including bereavement
- Images in the media
- Protecting personal information online
- Different types of relationships
- Healthy and unhealthy relationships (friendships)
- Discrimination and its consequences
- Understanding risk
- Making informed choices
- Resisting pressure

Sample Learning Outcomes

- Explain some of the feelings someone might have when they lose something important to them
- Recognise and describe appropriate behaviour online as well as offline
- Identify when it is appropriate or inappropriate to allow someone into their body space
- Recognise who they have positive healthy relationships with
- Recognise that repeated name calling is a form of bullying

Year 4 content

Extending learning in Y3

New content to include:

- Body changes in puberty
- Conflicting emotions
- Good and not so good feelings
- Marriage and other relationships
- Consequences of our actions
- Recognise and challenge stereotypes
- Pressures to behave in an unacceptable, unhealthy or risky way
- Menstruation

Sample Learning Outcomes

- Understand and discuss feelings and changes.
- Suggest reasons why young people sometimes fall out with their parents
- Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony
- Define what is meant by 'being responsible'
- Understand and identify stereotypes, including those promoted in the media
- Understand that we can be influenced both positively and negatively

Year 5 content

Extending learning in Y4

New content to include:

- Body changes and feelings during puberty
- Changing feelings and the effect on those we live with
- Unhealthy relationships
- Risky behaviour
- Using social media safely
- Types of bullying
e.g. homophobic
- Menstruation

Sample Learning Outcomes

- Identify some products that they may need during puberty and why
- Recognise some of the feelings associated with feeling excluded or 'left out'
- Identify what things make a relationship unhealthy
- Explore and share their views about decision making when faced with a risky situation
- Recognise that people aren't always who they say they are online
- Recognise that some people can get bullied because of the way they express their gender
- Understand that for girls, periods are a normal part of puberty

Year 6 content

Extending learning in Y5 New content to include:

- Body image
- Sharing images online
- Forced marriage
- Conception, reproduction & birth
- HIV

Sample Learning Outcomes

- Recognise that photos can be changed to match society's view of perfect
- Explore the risks of sharing photos and films of themselves with other people directly or online
- Describe ways in which people show their commitment to each other
- Know a variety of ways in which the sperm can fertilise the egg to create a baby
- Explain how HIV affects the body's immune system