

## **What will my child learn in SCARF lessons?**

For each year group, there are six suggested themed units which provide a complete PSHE and wellbeing curriculum. They are:

### **Me and My Relationships**

Explores feelings and emotions, develops skills to manage conflict, helps identify our special people and equips children to recognise the qualities of healthy friendships and how to manage them.

### **Valuing Difference**

Includes a strong focus on British Values, helps children to develop respectful relationships with others, recognise bullying and understand their responsibilities as a bystander.

### **Keeping Myself Safe**

Covers a number of safety aspects from statutory Relationships Education including being able to identify trusted adults in their lives, what to do when faced with a dilemma and recognising appropriate and inappropriate touch.

### **Rights and Responsibilities**

Explores broader topics including looking after the environment, economic education and the changing rights and responsibilities children have as they grow older.

### **Being My Best**

Includes a focus on keeping physically healthy, developing a growth mindset and resilience, setting goals and ways to achieve them.

### **Growing and Changing**

Age-appropriate plans to cover the physical and emotional changes that happen to children as they grow older, including changes at puberty and how to approach this with confidence. Age appropriate lessons on relationships and sex education are also included.

Relationships and Sex 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.

## **RSE (Relationship and Sex Education)**

Our Relationships and Sex Education resources help children and young people to be safe, healthy and happy, both as they grow, and in their future lives. These lessons help to meet safeguarding, and emotional wellbeing requirements, as well as ensuring that schools cover the requirements of the DfE RSHE guidance.

RSE-specific lessons are designed to cover key skills, attitudes and values children need to explore in order to develop healthy relationships with their peers. Children also learn how to keep themselves safe and to ask for help when they need it.

**Year 3:** explores themes around families and their special people, feelings, being unique and special and the importance of respecting others including those that are different from us. Knowing which body areas are private, developing an understanding of the difference between surprises and secrets (good or bad secrets); helps develop judgement of what kind of physical contact is acceptable or unacceptable and how to respond to this (including who to tell and how to tell them).

**Year 4:** builds on the themes covered in year 3, looking more closely at body and emotional changes as they approach and move through puberty including: recognising that genitals are private and their correct names; conflicting emotions; what positively and negatively affects their physical, mental and emotional health; understanding good and not-so-good feelings; consequences of their actions; pressures to behave in an unacceptable, unhealthy or risky way. Recognising when and how to ask for help.

**Year 5:** builds on the themes covered previously and in greater depth, looking more closely at: body changes and feelings during puberty; including: menstruation and wet dreams, how their changing feelings can affect those they live with; what makes relationships unhealthy, understanding risk and building resilience; making informed choices; resisting pressure and recognising when and how to ask for help.

**Year 6:** builds on and reinforces all the themes of the previous years, with new content built into the lesson plans looking at: how babies are made, recognising and challenging stereotypes, coping with change, body image and the media. Knowing where to go to for help and support.

## **Common questions asked about RSE**

### **Is Relationships and Sex Education (RSE) compulsory?**

It's compulsory for primary schools to teach Relationships Education and Health Education.

### **What can I do to support my child's learning at home?**

The statutory guidance is clear in recognising that a parent/carer is a child's primary educator in these matters. There are many things you can do to support your child's understanding and encourage them to ask questions. Here are some

1. If you feel it is time to talk to your child about growing up and the changes they are likely to experience it's best to offer it in small chunks, rather than do it in one go, often known as 'The Talk'. This gives children time to digest the new information and ask you further questions as they develop more understanding.
2. If your child asks you questions try to stay calm, and not worry if you don't know the answer. There are plenty of websites that you can use together to help you find the answers to their questions in a factual, honest, age appropriate way (see details below for resources on our website).
3. Use everyday opportunities to bring up the topic; things you see on TV or hear on the radio can be great conversation starters to talk about topics such as relationships, sex and body image. Reading books with your child is also a great way of introducing topics and helping children to understand themselves, their bodies and the world around them.
4. If you do have family names for genitals, ensure your child also knows their scientific names too. Nobody likes to think their child is at risk of abuse, but knowing the correct words for their genitals will help them report abuse if it did ever happen.
5. By showing your child that you are comfortable with them asking you questions now, you are helping to develop a relationship with them where they can seek your advice and support in their adolescent years.