

# Coram Life Education

## Helping Children Make Healthy Choices

**coram**   
**Life Education**

**SCARF**

[coramlifeeducation.org.uk](http://coramlifeeducation.org.uk)



[@CoramLifeEd](https://twitter.com/CoramLifeEd)



[@CoramLifeEducation](https://www.facebook.com/CoramLifeEducation)

## 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

- Healthy and unhealthy relationships (friendships)
- Body Space and awareness
- Resisting pressure
- Keeping themselves and others safe

## Sample Learning Outcomes

- Recognise who they have positive healthy relationships with and identify some of the ways that good friends care for each other.
- Identify areas of the body that are private.
- Identify situations in which they would need to say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping themselves and others safe.
- Explain where someone could get help if they were being upset by someone else's behaviour.

# Year 4 content

- Changes in puberty
- Conflicting emotions
- Marriage and other relationships
- Consequences of our actions
- Pressures to behave in an unacceptable, unhealthy or risky way

## Sample Learning Outcomes

- Understand what puberty is, use correct terminology when referring to genitalia.
- 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 that we can be influenced both positively and negatively

# Year 5 content

- Body changes and feelings during puberty
- Changing feelings and the effect on those we live with
- Unhealthy relationships
- Risky behaviour
- Menstruation

## Sample Learning Outcomes

- Understand and explain why puberty happens.
- 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
- Understand that for girls, periods are a normal part of puberty

# Year 6 content

- Body image
- Sharing images online
- Reproduction
- Recognise and challenge stereotypes
- Pressures to behave in an unacceptable, unhealthy or risky way

## 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
- Know that sperm can fertilise the egg to create a baby
- Understand and identify stereotypes, including those promoted in the media
- Understand that we can be influenced both positively and negatively