**Our Relationships and Sex Education (RSE) programme (including Health Education) consists of:**

**5 x Educator-led workshops**

* RSE workshop – Year 3 (Eng) P4 (Sco)
* Time for Change (Puberty) workshop – ideally covered in Year 4 or 5 (P5 or P6 Sco), but can be delivered in Y6 (P7 – Sco)
* RSE workshop – Year 4 (Eng) P5 (Sco)
* RSE workshop – Year 5 (Eng) P6 (Sco)
* RSE workshop – Year 6 (Eng) P7 (Sco)

(For more details of these sessions see page 2).

**SCARF lessons plans**

A range of interactive, easy-to-use resources with teaching strategies included. Resources include relevant sorting cards, engaging scenarios, True or False? statements, storytelling, story boards, realistic and accurate body parts illustrations, timelines, drama techniques. The resource also signposts to further useful resources and educational films created by other, highly respected, education and prevention charities such as the NSPCC and CEOP. (For more details of SCARF online supporting RSE see page 3).

**Teacher Guidance Films**

On the SCARF website there is a series of 22 short training film clips that teachers can access to support their delivery of RSE. The films model good practice and how to implement an RSE programme safely and effectively. Teachers are encouraged to watch the films before delivering a lesson. They are organised under three different headings:

* Things to consider before teaching a lesson
* Creating a safe learning environment
* Teaching and Learning strategies

The film clips can be watched all together within the three separate themes (as outlined above) or – if a teacher has limited time – specific clips can be selected, according to needs; for example: how to create an age-appropriate group agreement with a class, or how to incorporate an ‘Ask it basket’ so that pupils can ask questions anonymously before or after a lesson.

**Relationships Education Policy Template and Guidance**

An editable document, including the key components to be included in an RSE policy which is a statutory requirement. The template covers current requirements and also what will be required from September 2020.

**LBGT+ Briefing**

This briefing has been produced to support SCARF schools in understanding how we have incorporated Lesbian, Gay, Bisexual and Transgender (LGBT) identities in our programmes, in line with best practice and statutory guidance.

LGBT inclusive education focuses on promoting equality, reducing bullying and improving the educational experiences of LGBT children and young people by including LGBT identities in resources.

**Educator-led Workshops**

**Growing Up Up Up - puberty workshop for Year 3 (Eng) P4 (Sco)**

* Understand that the body getting bigger and changing as we get older is part of the human life cycle
* Know that changing from a child to an adult is a natural process called puberty
* Know the ways in which female and male bodies are the same and different
* Use correct terminology for external body parts, including the genitals
* Understand that no-one has the right to touch their body if they don’t want them to
* Begin to understand the importance of requesting permission – consent

**Time for Change Puberty workshop for Year 4 or 5 (Eng) P5 or 6 (Sco)**

* Understand that puberty involves changes that are physical, emotional and psychological
* Recognise the names of female and male reproductive organs, and begin to understand their function
* Understand that emotions are affected by hormonal changes and these can be confusing at first
* Develop resilience to deal with situations they may face as they reach puberty

**RSE workshop – Year 4 (Eng) P5 (Sco)** (some prior knowledge of puberty required)

* Know and understand correct terminology of reproductive organs and external sexual body parts
* Begin to understand the idea of body ownership
* Know a range of appropriate responses to unwanted touch

**RSE workshop – Year 5 (Eng) P6 (Sco)** (some prior knowledge of puberty required)

* Recognise that puberty can be exciting and scary
* Explore in more detail some of the changes that happen during puberty
* Understand that gender stereotypes are harmful
* Know and understand the meaning of consent in relation to their body

**RSE workshop – Year 6 (Eng) P7 (Sco)** (some prior knowledge of puberty required)

* Identify how the body changes that take place during puberty are linked to reproduction
* Describe the process of conception, pregnancy, and birth
* Recognise that everyone has boundaries related to their physical and personal space as well and this also applies to verbal interactions.
* Identify when someone’s boundaries have been crossed and what they and others can do to make school a safe place for everyone.

Your Coram Life Education educator will be happy to discuss your precise requirements with you and tailor the content according to your children’s needs.

**A comprehensive set of age-appropriate lesson plans within SCARF online**

SCARF RSE lessons are designed to cover key skills, attitudes and values children need to gain, develop and explore, in order to develop healthy relationships with their peers, as well as the information they need to keep themselves safe and ask for help when they need it.

You can use all the lesson plans, or tailor your choice of them to meet your children’s needs. We also provide separate tools to help identify these needs.

**4-5 year-olds:** being the same and different, our special people, different families, different homes, our feelings, being unique and special, being kind, caring and friendly, keeping safe, keeping healthy, resilience, life stages and growing from young to old,

**5-6 year olds:** explores themes around families and their special people, the importance of respecting others including those that are different from us, recognising that genitals are private and their correct names; develops understanding of the difference between surprises and secrets (good or bad secrets) and when not to keep adult 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).

**6-7 year-olds:** looks at the process of growing from young to old and how people’s needs change; explores the opportunities and responsibilities that increasing independence can bring, recognising that they share a responsibility for keeping themselves and others safe.

**7-8 year-olds:** introduces themes about change, including bereavement, healthy and unhealthy relationships (friendships), how images in the media do not always reflect reality and the impact of this on people’s thoughts and feelings; the nature and consequences of discrimination; the importance of protecting personal information online; understanding risk and building resilience; making informed choices; resisting pressure and recognising when and how to ask for help.

**8-9 year-olds:** builds on the themes covered in previous years, looking more closely at body changes as they approach and move through puberty including: menstruation and human reproduction; conflicting emotions; what positively and negatively affects their physical, mental and emotional health; understanding good and not so good feelings; recognising and challenging stereotypes; consequences of their actions; pressures to behave in an unacceptable, unhealthy or risky way and that marriage is a commitment freely entered into by both people.

**9-10 year-olds:** builds on the themes covered previously and in greater depth, looking more closely at: body changes and feelings during puberty; how their changing feelings can affect those they live with; what makes relationships unhealthy; exploring risky behaviour in more detail; different types of bullying including homophobic; how to keep their personal information private online (and why this is important), and how to use social media safely.

**10-11 year-olds:** builds on and reinforces all the themes of the previous years, with new content built into the lesson plans looking at: body image and the media; forced marriage; female genital mutilation (FGM); sexual intercourse; HIV; and managing pressure online.