



An introduction to

SCARF



What is



?

Safety, Caring, Achievement, Resilience, Friendship

SCARF is a complete PSHE and Wellbeing curriculum which encompasses RSHE.

What is



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Safety, Caring, Achievement, Resilience, Friendship



- Sessions are fun, engaging and memorable
- Children meet Harold, our giraffe puppet mascot
- Discussions about topics such as healthy eating, the body and how it works, and friendships and their influence.
- Health and wellbeing

What is



?

Safety, **C**aring, **A**chievement, **R**esilience, **F**riendship



SCARF provide a curriculum and a whole-school framework for building the essential life skills to support **physical** and **emotional wellbeing** – crucial for children to achieve their best, **academically** and **socially**.

Themes

1. Me and My Relationships
2. Valuing Difference
3. Keeping Myself Safe
4. Rights and Responsibilities
5. Being My Best
6. Growing and Changing



Themes

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.



Themes

Valuing Difference

Supports children to develop respectful relationships with others, recognise bullying and know their responsibilities as a bystander.



Themes

Keeping Myself Safe

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



Themes

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.



Themes

Being My Best

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



Themes

Growing and Changing

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



| Year/Half-termly unit titles | 1 Me and my Relationships | 2 Valuing Difference | 3 Keeping Myself Safe | 4 Rights and Responsibilities | 5 Being my Best | 6 Growing and Changing |
|------------------------------|---|--|--|--|--|--|
| EYFS | What makes me special People close to me Getting help | Similarities and difference Celebrating difference Showing kindness | Keeping my body safe Safe secrets and touches People who help to keep us safe | Looking after things: friends, environment, money | Keeping by body <u>healthy</u> – food, exercise, sleep Growth Mindset | Cycles Life stages |
| Y1 | Feelings Getting help Classroom rules Special people Being a good friend | Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help | How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep | Taking care of things: Myself My money My environment | Growth Mindset Healthy eating Hygiene and health Cooperation | Getting help Becoming independent My body parts Taking care of self and others |
| Y2 | Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation | Being kind and helping others Celebrating difference People who help us Listening Skills | Safe and unsafe secrets Appropriate touch Medicine safety | Cooperation Self-regulation Online safety Looking after money – saving and spending | Growth Mindset Looking after my body Hygiene and health Exercise and sleep | Life cycles Dealing with loss Being supportive Growing and changing Privacy |
| Y3 | Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss | Recognising and respecting diversity Being respectful and tolerant My community | Managing risk Decision-making skills Drugs and their risks Staying safe online | Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money | Keeping myself healthy and well Celebrating and developing my skills Developing empathy | Relationships Keeping safe Safe and unsafe secrets |
| Y4 | Healthy relationships Listening to feelings Bullying Assertive skills | Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes | Managing risk Influences Online safety | Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money | Having choices and making decisions about my health Taking care of my environment My skills and interests | Managing difficult feelings Relationships including marriage |
| Y5 | Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs | Recognising and celebrating difference, including religions and cultural Influence and pressure of social media | Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills | Rights and responsibilities Rights and responsibilities relating to my health Making a difference Decisions about lending, borrowing and spending | Growing independence and taking responsibility Keeping myself healthy Media awareness and safety My community | Managing difficult feelings Managing change How my feelings help keeping safe Getting help |
| Y6 | Assertiveness Cooperation Safe/unsafe touches Positive relationships | Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping | Understanding emotional needs Staying safe online Drugs: norms and risks (including the law) | Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy | Aspirations and goal setting Managing risk Looking after my mental health | Coping with changes Keeping safe Body Image Sex education Self-esteem |



For further information please visit our school website:

www.hartlebury.worcs.sch.uk

or visit the SCARF website:

<https://www.coramlifeeducation.org.uk/scarf>