



## **Introduction to Sex and Relationships Education**

It is now a statutory requirement for schools to deliver Relationship Education and the Department for Education encourages schools to deliver Sex Education that ensures both boys and girls are prepared for the changes that adolescence brings and –drawing on knowledge of the human life cycle set out in National Curriculum Science.

SRE, as part of the personal, social, health and economic (PHSE) curriculum, provides a framework through which key skills, attributes and knowledge can be developed and applied. This promotes positive behaviour; good mental health and well-being; resilience and achievement; helping children to stay safe online; develop health and safe relationships; make sense of media messages; challenging and extreme views and having the skills and attributes to negotiate and assert themselves now and in the future.

At St. Paul's we base our teaching on a programme of study called SCARF, the initials standing for the words Safety, Caring, Achievement, Resilience and Friendship. This is a comprehensive scheme of work for PSHE and covers all the DfE's statutory requirements for Sex and Relationships and Health Education. It also includes and other statutory elements e.g.- the rights of the child, caring for the environment, economic education and social, moral, spiritual and cultural (SMSC) including British Values.

SCARF is a spiral curriculum built around recurring themes. This means that the same 6 themes are revisited every year in order to consolidate, embedded and explore the theme in an age appropriate manner.

The units are:

1. Me and My Relationships- including content on feelings, emotions, conflict resolution and friendships
2. Valuing Difference- a focus on respectful relationship and British Values
3. Keeping Myself Safe- looking at keeping ourselves safe and health, including Online
4. Rights and Responsibilities- learning about money, living in the wider world and the environment
5. Being My Best- developing skills in keeping healthy, developing a growth mindset(resilience), goal-setting and achievement

6. Growing and Changing- finding out about the human body, the changes that take place from birth to old age and being safe

Relationship Education which is embedded in the SCARF programme is taught weekly by the class teacher. Although there will be occasions when the children will be asked to produce written work, the majority of the learn takes place through activities and class discussion.

SRE must have its own policy and schools must share this with parents/carers. Please read the attached policy and the objectives for Sex and Relationship Education, which have been correlated for each year group under the 6 themes. This will give you an overview of what your child will be learning.

If you have any comments or queries, please contact the school via email or Dojo.

Kind regards

Mrs. Taylor