

PSHE – SCARF (Safety, Caring, Achievement, Resilience, Friendship) Curriculum

	1 Me and my Relationships	2 Valuing Difference	3 Keeping Myself Safe	4 Rights and Respect	5 Being my Best	6 Growing and Changing
EYFS	What makes me special People close to me Who can help me? My feelings	Same and different I'm special, you're special Kindness and friendship	Keeping my body safe Safe secrets and touches People who help to keep me safe	Looking after things: friends, environment, money	Keeping my body healthy – food, exercise, sleep Bouncing back, showing resilience	Seasons Life stages plants, animals, humans
Y1	Feelings Getting help Classroom rules Being a good friend	Recognising, valuing and celebrating difference Developing respect and accepting others Unkindness, teasing and bullying	How our feelings can keep us safe – including online safety Safe and unsafe touches Who can help? Medicine safety Importance of sleep	Behaviour and consequences, Looking after our money Looking after the environment	Eating healthily Hygiene and health Learning and making mistakes Confidence and resilience	Then and now Taking care of a baby Who can help? Surprises and secrets Keeping privates private
Y2	Creating a happy, safe and welcoming classroom. Being a good friend Impact of unkind behaviour and getting help.	Being kind and helping others Celebrating difference People who help us Listening Skills	Safe and unsafe secrets Appropriate touch Recognising and reporting feelings of being unsafe Medicine safety	Impact of words and actions on ourselves and others Different ways to manage strong feelings Getting help, including from the emergency services	Making choices Looking after my body Hygiene and health Exercise and sleep Basic first aid	Different stages of growth Dealing with loss Being supportive Respecting privacy

				Looking after money – saving and spending		
Y3	Rules and their purpose Respecting the opinion of others Looking after our special people Recognising appropriate boundaries in friendships and others Strategies to use if I feel unsafe or uncomfortable	Being respectful towards others Belonging to different communities/ community groups Recognising and respecting diversity in our community Safe ways to help someone who is being bullied	Identifying situations that are safe or unsafe Strategies to keep safe Managing risk and recognising danger Decision-making skills Medicines and drugs	Helping each other Volunteering Earning and managing money Looking after the environment	Keeping myself healthy and well Strengths, achievements and goals Celebrating and developing my skills	Different types of relationships Knowing the difference between a safe and an unsafe secret Understanding the meaning of personal information and how to keep safe Basic first aid
Y4	Negotiation, collaboration and teamwork Healthy relationships Listening to feelings Strategies to respond to bullying - upstander	Recognising different types of relationship, including friends and acquaintances Recognising and celebrating difference (including religions and cultural difference) Challenging stereotypes	Recognising danger and risk Managing risk and keeping ourselves safe Medicines and drugs Alcohol and cigarettes	Making a difference (different ways of helping others and 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 Basic first aid	Moving house Managing difficult feelings Relationships including marriage and civil partnerships

Y5	Friendship skills, including compromise and cooperation Assertiveness and the right to say no Recognising emotional needs in different circumstances	We are all unique and we all also have things in common. Living in a diverse society, the benefits and the importance of mutual respect. Influence and pressure of social media	Safe and unsafe online behaviours Staying safe online Assess risks and consequences of different choices. Assertiveness skills to make safe and responsible choices when feeling pressured.	Rights and responsibilities Rights and responsibilities relating to my health Making a difference Decisions about lending, borrowing and spending	Developing skills supporting independence What our bodies need to grow, stay healthy and work properly Basic first aid Impact of social media on people's thoughts, feelings and self-esteem.	Managing difficult feelings Getting advice, talking about and reporting concerns about their own or someone else's personal safety Growing up and the changing adolescent body - puberty
Y6	Developing skills supporting positive relationships, e.g. assertiveness, cooperation teamwork, communication and negotiation. Understanding and respecting how others' families sometimes look different from my family. Recognising safe and unsafe behaviours and	Describe the benefits of living in a diverse society and mutual respect for different faiths and beliefs Recognising and reflecting on prejudice-based bullying The characteristics of positive friendships Recognise how the media (including digital platforms) can sometimes reinforce gender stereotypes;	Understanding emotional needs Staying safe online including the difference between reliable information and misinformation or disinformation. ;Applying strategies to make safe and responsible choices online. Explain the difference between legal and illegal drugs (including medicines) and how they can be helpful or harmful depending on how they are used.	Understanding media bias, developing skills in evaluating news and information. Describing safe and responsible behaviours when using social media. Caring about sustainability and the environment Earning, spending and the benefits of saving money Understanding democracy including democracy, elections, voting	Aspirations and goal setting and steps, skills and support needed to achieve long-term goals Managing risk including how to get advice and support Looking after my mental health including the Five Ways to Wellbeing Basic first aid, including sepsis awareness	Coping with changes – self-respect and respecting others, identifying their qualities Puberty and the changing adolescent body, including physical and emotional changes Rules and principles for keeping safe online, recognising risks, harmful content and contact, and

	sources of support and advice about my own or others' safety.					how to report them.
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