

Key Vocabulary

List of key vocabulary used in each SCARF lesson plan. Lesson plans are grouped below in the same way as the suggested [half-termly units](#).

N: Me and My Relationships

Lesson Plan	Key Vocabulary
Marvellous me!	penis, like, feel, choose, head, arms, legs, eyes, ears, nose, mouth, teeth, hands, fingers, feet, toes, knees, elbows, pants, vest, private, vulva
I'm special	feel, special, look, friends
People who are special to me	hug, special, big, small, colour, near, far, sad, love, adopt, special days, quiet, loud, help, similar

N: Valuing Difference

Lesson Plan	Key Vocabulary
Me and my friends	friendship, different, similar, friend
Friends and family	different, special, similar, family
Including everyone	kind, sharing, helping, feelings

N: Keeping Safe



Lesson Plan**Key Vocabulary**

People who help me and keep me safe

safe, who can help?, grown up, tell, tummy feelings, unsafe

Safety Indoors and Outdoors

safe, safety signs, weather, clothing, playground, car-park, pavement, paint, scissors, glue

What's safe to go into my body.

safe, careful, labels, medicines, cleaning products, water, food, fresh air, sleep

N: Rights and Respect

Lesson Plan**Key Vocabulary**

Looking after myself

healthy snacks, sugar, germs, wash hands, fruit, vegetables, clean teeth

Looking after others

different, friends, similar, family, helping, feelings

Looking after my environment

classroom, care, tidy, clean, look after

N: Being my Best

Lesson Plan**Key Vocabulary**

What does my body need?

water, food, sleep, exercise, energy, tooth decay

I can keep trying

challenge, encourage, keep trying, get better at

I can do it!

challenge, encourage, keep trying, practice



N: Growing and Changing

Lesson Plan

[Growing and changing in nature](#)

[When I was a baby](#)

[Girls, boys and families](#)

Key Vocabulary

different, weather, change, grow, temperature, hear, smell, see, remember, warmer, seasons

adoption, breastfeeding, change, grow, bigger, taller, special needs

penis, vulva, private parts, make a baby, , dolls and cars are for everyone

N: Additional plans

Lesson Plan

[Additional resources library](#)

Key Vocabulary

N: SCARF at Home

Lesson Plan

[SCARF at Home - home activities to embed SCARF values](#)

Key Vocabulary

R: Me and My Relationships

Lesson Plan

[All about me](#)

[What makes me special](#)

Key Vocabulary

same, different, special, practice, effort

same, different, special, favourite



Lesson Plan**Key Vocabulary**[Me and my special people](#)

same, different, help, family, special people

[Who can help me?](#)

friends, help, family

[My feelings](#)

sad, feelings, emojis, happy

[My feelings \(2\)](#)

sad, kind, feelings, happy, helpful

R: Valuing Difference

Lesson Plan**Key Vocabulary**[I'm special, you're special](#)

special, favourite, dislikes, likes

[Same and different](#)

same, different, kind, unkind

[Same and different families](#)

same, different, family

[Same and different homes](#)

same, different, home

[I am caring](#)

kind, kindness

[I am a friend](#)

friendship, kindness, new friend

R: Keeping Safe

Lesson Plan**Key Vocabulary**[What's safe to go onto my body](#)

keep clean, keep safe

[Keeping Myself Safe - What's safe to go into my body \(including medicines\)](#)

cuddle, doctor, grown up, water, food, fresh air, sleep, medicine, chemist

[Safe indoors and outdoors](#)

safe, unsafe, detective

[Listening to my feelings](#)

safe, tummy feelings, unsafe,

[Keeping safe online](#)

safe, tell, worried, adult, trust



Lesson Plan

[People who help to keep me safe](#)

Key Vocabulary

safe, tell, worried, adult, trust, address

R: Rights and Respect

Lesson Plan

[Looking after my special people](#)

Key Vocabulary

family, look after, help each other, be alone

[Looking after my friends](#)

friends, help, look after, be alone

[Being helpful at home and caring for our classroom](#)

responsibility, helpful, working together, caring

[Caring for our world](#)

environment, litter, electricity, pollution, recycling

[Looking after money \(1\): recognising, spending, using](#)

money, buy, shop, cost, pay

[Looking after money \(2\): saving money and keeping it safe](#)

money, save, safe place

R: Being my Best

Lesson Plan

[Bouncing back when things go wrong](#)

Key Vocabulary

encourage, bounce back, try again

[Yes, I can!](#)

[Healthy eating](#)

food, fruit, vegetables, energy, grow, healthy, dairy, tooth decay

[My healthy mind](#)

food, sleep, exercise, energy, grow, healthy, wash



Lesson Plan	Key Vocabulary
<u>Move your body</u>	muscles, exercise, heart
<u>A good night's sleep</u>	sleep, routine, calm

R: Growing and Changing

Lesson Plan	Key Vocabulary
<u>Seasons</u>	seasons, summer, spring, winter, autumn, cycle
<u>Life stages - plants, animals, humans</u>	egg, change, grow, growing, life cycles, seed, baby, old, young
<u>Life Stages: Human life stage - who will I be?</u>	adult, baby, child, teenager, old age
<u>Where do babies come from?</u>	egg, sperm, womb, surrogacy, adoption, pregnancy, love, family, care, baby, tummy, donated sperm/eggs, same-sex parents, one-parent families
<u>Getting bigger</u>	surrogacy, adoption, IVF, grow, adult, baby, child, teenager, messages (DNA/Genes), families of different beliefs
<u>Me and my body - girls and boys</u>	sperm, testicles, vagina, penis, vulva, private parts, privacy, my body is mine (body autonomy), dolls and cars are for everyone (gender stereotyping), eggs

R: Additional plans



Lesson Plan**Key Vocabulary**

[Additional resources library](#)

R: SCARF at Home

Lesson Plan**Key Vocabulary**

[SCARF at Home - home activities to embed](#)

[SCARF values](#)

Y1: Me and My Relationships

Lesson Plan**Key Vocabulary**

[Why we have classroom rules](#)

responsibility, rules, safe, work together

[How are you listening?](#)

listening

[Thinking about feelings](#)

feelings, safe, body language, emotions, support

[Our feelings](#)

feelings, behaviour

[Feelings and bodies](#)

help, feelings, hurt, heal

[Good friends](#)

friendship, making up

[Me and My Relationships - Pre and Post Unit](#)

[Assessment: Y1/P2](#)

Y1: Valuing Difference

Lesson Plan**Key Vocabulary**

[Same or different?](#)

same, different, difference, respect

Lesson Plan	Key Vocabulary
<u>Unkind, tease or bully?</u>	unkind, behaviour, unkindness, tease, teasing, bully, bullying
<u>Harold's school rules</u>	rules, safe, fair
<u>It's not fair!</u>	kind, unkind, bullying, fair, unfair
<u>Who are our special people?</u>	feelings, special people, qualities
<u>Our special people balloons</u>	family, special people
<u>Valuing Difference - Pre and Post Unit Assessment: Y1/P2</u>	

Y1: Keeping Safe

Lesson Plan	Key Vocabulary
<u>Super sleep</u>	sleep, grow, rest, tired
<u>Who can help?(1)</u>	feelings, unsafe, worried, support, nervous, scared
<u>Good or bad touches?</u>	testicles, vagina, penis, private, vulva, trust, privates, nipples, buttocks, bottom
<u>Sharing pictures</u>	consent, entertainment, donating, risks, harmful
<u>What could Harold do?</u>	responsibility, safe, medicine, harmful
<u>Harold loses Geoffrey</u>	feelings, emotions, loss, lost
<u>Keeping Safe - Pre and Post Unit Assessment: Y1/P2</u>	



Y1: Rights and Respect

Lesson Plan	Key Vocabulary
<u>Harold has a bad day.</u>	behaviour, consequences, promise, special promise
<u>Around and about the school</u>	responsibility, environment
<u>Taking care of something</u>	needs, responsible, responsibility, rules, respect
<u>Harold's money.</u>	money, cost, bills, spending, afford
<u>How should we look after our money?</u>	safe, money, bank, coin, note, worth, saving
<u>Basic first aid</u>	risk, safe, first aid, accident, danger, hazard, kettle, burn, scald, emergency
<u>Rights and Respect - Pre and Post Unit Assessment: Y1/P2</u>	

Y1: Being my Best

Lesson Plan	Key Vocabulary
<u>I can eat a rainbow</u>	fruit, vegetables, dairy, starchy, protein, vitamins, portion
<u>Eat well</u>	sugar, fruit, vegetables, healthy, dairy, salt, cereal, meat
<u>Harold's wash and brush up</u>	clean, routine, hygiene
<u>Catch it! Bin it! Kill it!</u>	germs, hygiene, disease, spread
<u>Harold learns to ride his bike</u>	practice, learning, make mistakes, confidence, achievement



Lesson Plan

[Pass on the praise!](#)

Key Vocabulary

encourage, feelings, support, praise, feedback

[Inside my wonderful body! \(OPTIONAL\)](#)

sugar, fruit, vegetables, dairy, heart, salt, cereal, meat, organ, lungs, intestines, brain, stomach, oxygen, digested

[Being My Best - Pre and Post Unit](#)

[Assessment: Y1/P2](#)

Y1: Growing and Changing

Lesson Plan

[Healthy me](#)

Key Vocabulary

water, food, sleep, exercise, energy, healthy, oxygen, air

[Then and now](#)

needs, help, change, growing, size, height

[Taking care of a baby.](#)

needs, love, help, caring, attention

[Who can help? \(2\)](#)

unkind, unkindness, tease, teasing, bully, bullying, witness, experience, getting help

[Surprises and secrets](#)

, surprise, secret

[Keeping privates private](#)

penis, doctor, private, vulva, help, change, , my body is mine (body autonomy), privates, hygiene, sore, private activity

[Growing and Changing - Pre and Post Unit](#)

[Assessment: Y1/P2](#)

Y1: Additional plans



Lesson Plan

Key Vocabulary

Y1: SCARF at Home

Lesson Plan

Key Vocabulary

[SCARF at Home - home activities to embed SCARF values](#)

Y2: Me and My Relationships

Lesson Plan

Key Vocabulary

[Our ideal classroom \(1\)](#)

friendly, safe, happy, caring

[Our ideal classroom \(2\) \(OPTIONAL\)](#)

rules

[How are you feeling today?](#)

help, feelings, showing feelings

[Let's all be happy!](#)

help, feelings

[Being a good friend](#)

friendly, friendship

[Types of bullying](#)

bullying, repeated

[Don't do that!](#)

help, bullying, don't do that

[Bullying or teasing? \(OPTIONAL\)](#)

teasing, bullying, repeated, regular

[Me and My Relationships - Pre and Post Unit Assessment: Y2/P3](#)

Y2: Valuing Difference

Lesson Plan

Key Vocabulary

[What makes us who we are?](#)

respect, unique



Lesson Plan	Key Vocabulary
My special people	help, special people
How do we make others feel?	feelings, calm, behaviour, aggressive, solve
When someone is feeling left out	feelings, cooperate
An act of kindness	kind, feelings, unkind, kindness
Solve the problem	listening, being listened to, problem, listen
Valuing Difference - Pre and Post Unit Assessment: Y2/P3	

Y2: Keeping Safe

Lesson Plan	Key Vocabulary
Harold's picnic	medicines, sleep, safety
How safe would you feel?	feelings, safe, unsafe, worried
What should Harold say?	feelings, safe, unsafe, getting help
I don't like that!	feelings, , touch
Fun or not?	, hurt, touch
Should I tell?	safe, tell, unsafe, surprise, secret
Keeping Safe - Pre and Post Unit Assessment: Y2/P3	

Y2: Rights and Respect

Lesson Plan	Key Vocabulary
Getting on with others	responsibility, help, listen, share, take turns



Lesson Plan	Key Vocabulary
<u>When I feel like erupting</u>	feelings, control, erupt
<u>Feeling safe</u>	safe, unsafe, uniform, ask for help
<u>Playing games</u>	risk, gamer, personal information, internet
<u>Harold saves for something special</u>	money, spending, saving
<u>Harold goes camping.(OPTIONAL)</u>	money, spending, saving
<u>How can we look after our environment?</u>	responsibility, environment
<u>Rights and Respect - Pre and Post Unit</u>	
<u>Assessment: Y2/P3</u>	

Y2: Being my Best

Lesson Plan	Key Vocabulary
<u>You can do it!</u>	challenge, encourage, practice, goal, achieve
<u>My day.</u>	choose, healthy, choices, unhealthy
<u>Harold's postcard - helping us to keep clean and healthy.</u>	germs, hygiene, disease, vaccination, injection
<u>Harold's bathroom</u>	teeth, hygiene, dental
<u>What does my body do?</u>	water, food, heart, lungs, brain, stomach, small intestine, large intestine
<u>My body needs...(OPTIONAL)</u>	water, food, exercise, rest, oxygen
<u>Basic first aid</u>	risk, safe, first aid, accident, danger, hazard, kettle, burn, scald, emergency



Lesson Plan

Key Vocabulary

[Being My Best - Pre and Post Unit](#)

[Assessment: Y2/P3](#)

Y2: Growing and Changing

Lesson Plan

Key Vocabulary

[A helping hand](#)

help, support, supportive

[Sam moves away](#)

feelings, change, emotions, nervous, loss, frightened

[Haven't you grown!](#)

food, sleep, care, change, growing, rest, learning, forward looking, making choices, asking permission

[My body, your body](#)

ovaries, sperm, penis, womb, pregnancy, vulva, special, private parts, my body is mine (body autonomy), eggs, nipples, bottom, unique, scrotum

[Respecting privacy](#)

penis, private, vulva, privacy, consent, genitals, permission

[Some secrets should never be kept](#)

penis, private, vulva, tell, unsafe, private parts, consent, secret, uncomfortable, someone you trust, genitals, permission

[Growing and Changing - Pre and Post Unit](#)

[Assessment: Y2/P3](#)

Y2: Additional plans



Lesson Plan

Key Vocabulary

[Additional resources library](#)

Y2: SCARF at Home

Lesson Plan

Key Vocabulary

[SCARF at Home - home activities to embed](#)

[SCARF values](#)

Y3: Me and My Relationships

Lesson Plan

Key Vocabulary

[As a rule](#)

rules, safety, misinformation, disinformation

[Looking after our special people](#)

friendship, making up, falling out, compromise

[How can we solve this problem?](#)

conflict, point of view

[Tangram team challenge \(OPTIONAL\)](#)

cooperate, collaborate

[Friends are special](#)

calm, making up, listen, point of view, strategies, apologise

[Thunks](#)

continuum, opinions, respectful, courteous, challenging

[Dan's dare](#)

feelings, dare, persuade

[My special pet \(OPTIONAL\)](#)

responsibility, feelings, care, loss

[Me and My Relationships - Pre and Post Unit](#)

[Assessment: Y3/P4](#)



Y3: Valuing Difference

Lesson Plan	Key Vocabulary
Respect and challenge	respect, cooperation, listening skills, politeness, courtesy, manners
Family and friends	adoption, blended family, family, fostering, same-sex couple
My community	belonging, community
Our friends and neighbours	respect, similarities, differences, identity
Let's celebrate our differences	bullying, similarities, differences, name calling, bystander, online bullying, upstander
Zeb	colour, prejudice, disability, gender, race, sexuality, cyberbullying, bystander, trolling, online bullying, upstander
Valuing Difference - Pre and Post Unit Assessment: Y3/P4	

Y3: Keeping Safe

Lesson Plan	Key Vocabulary
Safe or unsafe?	safe, unsafe, trust
Danger or risk?	feelings, strategies, danger (dangerous), risk (risky), consequence
The Risk robot	risk, safer
Super Searcher	risk, browsing, phishing, search engine, fake news, internet safety, misinformation,



Lesson Plan	Key Vocabulary
	disinformation
<u>Help or harm?</u>	medicines, helpful, harmful, instructions, drugs
<u>Alcohol and cigarettes: the facts</u>	risk, drugs, cigarettes, nicotine, alcohol
<u>Raisin challenge (1).(OPTIONAL)</u>	risks, strategies, decisions
<u>Keeping Safe - Pre and Post Unit Assessment: Y3/P4</u>	

Y3: Rights and Respect

Lesson Plan	Key Vocabulary
<u>Helping each other to stay safe</u>	responsible, safe, healthy, helper
<u>Recount task</u>	fake news, fact, opinion, misinformation, disinformation
<u>Our helpful volunteers</u>	wellbeing, volunteer
<u>Can Harold afford it?</u>	spending, saving, income
<u>Earning money</u>	income, earning
<u>Harold's environment project</u>	environment, waste
<u>Let's have a tidy up! (OPTIONAL)</u>	responsibility, environment
<u>Rights and Respect - Pre and Post Unit Assessment: Y3/P4</u>	

Y3: Being my Best



Lesson Plan	Key Vocabulary
<u>Derek cooks dinner! (healthy eating)</u>	balanced diet, muscles, teeth, energy, healthy, dairy, proteins, bones, starchy carbohydrates, fruit & veg
<u>Poorly Harold</u>	water, sleep, medicine, rest, hygiene, safety, instructions, infection, cleanliness, dose, drug
<u>Body team work</u>	lungs, intestine, vessels, arteries, liver
<u>For or against?</u>	continuum, respectful, courteous, debate, discussion, justify
<u>I am fantastic!</u>	achieve, ambitions, improve, goals
<u>Top talents</u>	goal-setting, talents, skills, intelligence
<u>Getting on with your nerves! (OPTIONAL)</u>	cooperation, teamwork, collaboration
<u>Being My Best - Pre and Post Unit Assessment: Y3/P4</u>	

Y3: Growing and Changing

Lesson Plan	Key Vocabulary
<u>Relationship tree</u>	trust, caring, healthy, positive, relationships, online relationships, misinterpretation
<u>Body space</u>	respect, uncomfortable, touch, personal space, body space, invade, stop
<u>None of your business!</u>	internet safety, private, personal information, public, profile
<u>Secret or surprise?</u>	excited, feelings, worried, scared, surprise, secret, uncomfortable, angry, upset, jealous,



Lesson Plan

Key Vocabulary

[My changing body](#)

talk

egg, sperm, testicles, puberty, vagina, penis, womb, birth, cervix, wet dreams, menstrual cycle, fallopian tube, period, genitals, lining, period/menstruation pad, tampon, menstruation cup, breasts, mammals, hips, fertilise, spots, sweat, pubic hair, If using the film clips, the following words are also used: fertilised egg, ovary, uterus (womb), periods, menstruation, pregnant

[Basic first aid](#)

risk, safe, first aid, accident, danger, hazard, kettle, burn, scald, emergency

[Growing and Changing - Pre and Post Unit Assessment: Y3/P4](#)

Y3: Additional plans

Lesson Plan

Key Vocabulary

[Additional resources library](#)

Y3: SCARF at Home

Lesson Plan

Key Vocabulary

[SCARF at Home - home activities to embed SCARF values](#)

Y4: Me and My Relationships



Lesson Plan	Key Vocabulary
Human machines	collaborate, teamwork, collaboration, collaborative
Ok or not ok? (part 1)	respect, qualities, aggressive, positive, healthy relationship, responsibilities, excluded, assertive, negotiate
Ok or not ok? (part 2)	friendly, aggressive, compromise, respectful, assertive, rude, face-to-face
An email from Harold!	sad, feelings, happy, calm, scared, sore, frightened, physical effects, unhappy, devastated, miserable, distressed, lonely, alone, ignored, isolated, abandoned, apologetic, regretful, rueful, remorseful, repentant, aching, agonising, painful, delighted, ecstatic, joyful, untroubled, assured, confident, peaceful, petrified, terrified, bothered
Different feelings	feelings, physical effects
When feelings change (OPTIONAL)	body language, facial expressions
Under pressure	unkind, tease, bully, pressure, independent
Me and My Relationships - Pre and Post Unit Assessment: Y4/P5	

Y4: Valuing Difference

Lesson Plan	Key Vocabulary
Can you sort it?	compromise, negotiation



Lesson Plan	Key Vocabulary
<u>What would I do?</u>	aggressive, apologise
<u>The people we share our world with</u>	respect, similarities, responsibilities
<u>That is such a stereotype!</u>	stereotype
<u>Friend or acquaintance?</u>	sharing, acquaintances
<u>Islands</u>	body space, invade
<u>Valuing Difference - Pre and Post Unit</u>	
<u>Assessment: Y4/P5</u>	

Y4: Keeping Safe

Lesson Plan	Key Vocabulary
<u>Danger, risk or hazard?</u>	risk, danger, hazard, hazardous, dangerous, risky
<u>How dare you!</u>	risks, dare, assertive, online challenge, critical thinking
<u>Keeping ourselves safe</u>	persevere
<u>Raisin challenge (2)</u>	consequences, influence, influencer, aggressor, target, online bullying
<u>Picture wise</u>	privacy, privacy settings, security, AI – Artificial Intelligence
<u>Medicines: check the label</u>	medicine, drug
<u>Know the norms (OPTIONAL)</u>	choices, social norm
<u>Traffic lights (OPTIONAL)</u>	privacy, personal information, online safety



Lesson Plan

Key Vocabulary

[Keeping Safe - Pre and Post Unit Assessment: Y4/P5](#)

Y4: Rights and Respect

Lesson Plan

Key Vocabulary

[Who helps us stay healthy and safe?](#)

being responsible, reliable, trustworthy

[It's your right](#)

responsibility, rules, safe, healthy, laws, rights, United Nations

[How do we make a difference?](#)

phishing, rules, democracy, trolling, scams, grievers

[In the news!](#)

respectful, courteous, opinion, influence, influencer, misinformation, disinformation

[Safety in numbers](#)

witness, anti-social behaviour

[Harold's expenses \(OPTIONAL\)](#)

income, expenditure, essential

[Why pay taxes?](#)

income tax, VAT, national insurance, deductions, public services

[Logo quiz \(OPTIONAL\)](#)

environment, conservation

[Rights and Respect - Pre and Post Unit Assessment: Y4/P5](#)

Y4: Being my Best

Lesson Plan

Key Vocabulary

[What makes me ME!](#)

unique, individual



Lesson Plan	Key Vocabulary
<u>Making choices</u>	choices
<u>SCARF hotel</u>	balanced diet, wellbeing, mental health
<u>Harold's Seven Rs</u>	refuse, reduce, re-use, recycle, rot, repair, re-think
<u>My school community_(1)</u>	community
<u>Basic first aid</u>	first aid, accident, burn, scald, emergency, injury, minor, blood, nose bleed, choking, breathing, airway, unresponsive, casualty, wound, recovery
<u>Volunteering is cool (OPTIONAL)</u>	wellbeing, voluntary group, connect, be active, be mindful, get creative, give to others
<u>Being My Best - Pre and Post Unit Assessment: Y4/P5</u>	

Y4: Growing and Changing

Lesson Plan	Key Vocabulary
<u>Moving house</u>	practice, learning line
<u>My feelings are all over the place!</u>	puberty, hormones, feelings, compromise, conflict, independence
<u>All change!</u>	ovaries, sperm, testicles, puberty, vagina, penis, womb, wet dreams, semen, vulva, privacy, eggs, breasts, spots, sweat, pubic hair, If using the film clips, the following words are also used:, clitoris, labia, legal age of consent, marriage, Puberty for boys:, facial



Lesson Plan

Key Vocabulary

hair, underarm hair, body odour, ejaculation, spontaneous erections, pleasure, masturbation, growth spurt, deeper voice, acne, breast growth, reproduction, testosterone, mood swings, sexual feelings/horny, romantic/sexual interest, Puberty for girls:, hair removal, wider hips, All about getting your period:, endometrium (uterus lining), foetus, stomach ache, headache, cramps

Preparing for changes at puberty.

ovaries, sperm, testicles, puberty, vagina, penis, cervix, wet dreams, semen, ejaculate, menstrual cycle, ovulation, fallopian tube, eggs, genitals, period/menstruation pad, tampon, menstruation cup, breasts, hips, spots, sweat, pubic hair, If using the film clips, the following words are also used:, fertilised egg, periods, menstruation, pregnant, What is a wet dream?, nocturnal emission, whitish fluid, wet, lubricated, slippery, sexual nature, felt good, pee, sheets, laundry, guilty, embarrassed, normal, natural, voice deepens, lining of the uterus, pads, menstrual cup, Menstruation Film Clip

Secret or surprise?

surprise, secret, uncomfortable feelings

Together

marriage, live together, civil partnership, forced marriage



Lesson Plan**Key Vocabulary**

[Growing and Changing - Pre and Post Unit Assessment: Y4/P5](#)

Y4: Additional plans

Lesson Plan**Key Vocabulary**

[Additional resources library.](#)

Y4: SCARF at Home

Lesson Plan**Key Vocabulary**

[SCARF at Home - home activities to embed SCARF values](#)

Y5: Me and My Relationships

Lesson Plan**Key Vocabulary**

[Collaboration Challenge!](#)

collaborate

[Give and take](#)

compromise, conflict, negotiation, resolution

[Communication \(OPTIONAL\)](#)

body language, face-to-face, non-verbal, tone of voice

[How good a friend are you?](#)

insensitive, sensitive

[Relationship cake recipe](#)

unsafe, unhealthy relationship, verbal abuse, physical abuse, sexual abuse, uncomfortable touching

[Our emotional needs](#)

emotions, emotional needs



Lesson Plan

[Being assertive](#)

[Me and My Relationships - Pre and Post Unit](#)

[Assessment: Y5/P6](#)

Key Vocabulary

aggressive, assertive, passive

Y5: Valuing Difference

Lesson Plan

[Qualities of friendship](#)

[Kind conversations](#)

[Happy being me](#)

[The land of the Red People](#)

[Is it true?](#)

[Stop, start, stereotypes](#)

[It could happen to anyone \(OPTIONAL\)](#)

[Valuing Difference - Pre and Post Unit](#)

[Assessment: Y5/P6](#)

Key Vocabulary

friendship, listening, talking

respect, listening skills

prejudice, excluded, discrimination

metaphor, diverse, multi-cultural society

fake news, self esteem, online bullying, misinformation, disinformation

prejudice, verbal abuse, physical abuse, sexual orientation, gender identify, gender expression, biological sex

consequences, embarrassed, reactions

Y5: Keeping Safe

Lesson Plan

[Spot bullying](#)

Key Vocabulary

bullying, cyberbullying, bystander, aggressor, target, online bullying, upstander



Lesson Plan	Key Vocabulary
<u>Play, like, share 1</u>	personal information, privacy settings
<u>Keeping Safe - Pre and Post Unit Assessment: Y5/P6</u>	
<u>Play, like, share 2</u>	
<u>Decision dilemmas</u>	pressure, influence, assessing risk, risk taking
<u>Vaping: healthy or unhealthy?</u>	substance, stimulant
<u>Would you risk it?</u>	assertive, risk taking
<u>Ella's diary dilemma (OPTIONAL)</u>	dare, pressure, resist pressure, digital footprint
<u>'Thinking' about habits (OPTIONAL)</u>	habit, addiction
<u>Drugs: true or false? (OPTIONAL)</u>	drugs, cigarettes, alcohol
<u>Smoking: what is normal? (OPTIONAL)</u>	norms, perception

Y5: Rights and Respect

Lesson Plan	Key Vocabulary
<u>What's the story?</u>	responsibility, misinformation, disinformation, AI – Artificial Intelligence
<u>Fact or opinion?</u>	fake news, fact, opinion, biased, unbiased, misinformation, disinformation
<u>Mo makes a difference</u>	voluntary group, community group, pressure (action) group
<u>Rights, respect and duties</u>	responsibility, rights, duties



Lesson Plan**Key Vocabulary**

[Spending wisely](#)

costs, wages, salaries, rent, Fairtrade

[Lend us a fiver!](#)

borrow, loan, credit, debit, interest

[Local councils \(OPTIONAL\)](#)

public services, council, vote, elections, councillors

[Rights and Respect - Pre and Post Unit](#)

[Assessment: Y5/P6](#)

Y5: Being my Best

Lesson Plan**Key Vocabulary**

[It all adds up!](#)

organs, body systems

[Different skills](#)

commitment, resilience, determination, patience, interpersonal skills, perseverance

[My school community \(2\)](#)

community, school community

[Independence and responsibility](#)

responsibility, independence

[Star qualities?](#)

personal qualities, celebrities

[Basic first aid, including Sepsis Awareness](#)

life skill, sepsis

[Being My Best - Pre and Post Unit](#)

[Assessment: Y5/P6](#)

Y5: Growing and Changing

Lesson Plan**Key Vocabulary**

[How are they feeling?](#)

wellbeing, resilience



Lesson Plan	Key Vocabulary
<u>Taking notice of our feelings</u>	trust, resilience, unwanted attention, unwanted touch
<u>Dear Ash</u>	in confidence, break a confidence, confidential
<u>Growing up and changing bodies</u>	puberty, semen, period, period/menstruation pad, tampon, menstruation, genitalia, managing feelings, oral health
<u>Changing bodies and feelings</u>	penis, hips widen, wet dreams, hormones, doctor, sleep, exercise, emotions, menstruation cup, spots, sweat, pubic hair, If using the film clips, the following words are also used:, periods, menstruation, clitoris, body odour, acne, hair removal, height gain, FGM/cuts to the vulva, lips (labia), vaginal opening, urinary opening, period protection, washing, body confidence, body autonomy, vaginal discharge, involuntary erections, hydration, breast development, genitalia, deodorant, shower gel, tissues, washing powder, spot cream, facial wash, period products, circumcised, Taking care of your body, chemicals, oil glands, good hygiene, showers, soap, shampoo, clean underwear, pimples, zits, acne cream, hair growth, under arm, chest hair, healthy food, medication
<u>Help! I'm a teenager - get me out of here!</u>	puberty, hormones, respect, compromise, conflict, mood swings, emotional changes



Lesson Plan**Key Vocabulary**

[Dear Hetty \(OPTIONAL\)](#)

separation, fostered

[Growing and Changing - Pre and Post Unit Assessment: Y5/P6](#)

Y5: Additional plans

Lesson Plan**Key Vocabulary**

[Additional resources library](#)

Y5: SCARF at Home

Lesson Plan**Key Vocabulary**

[SCARF at Home - home activities to embed SCARF values](#)

Y6: Me and My Relationships

Lesson Plan**Key Vocabulary**

[Working together](#)

teamwork, collaboration

[Let's negotiate \(OPTIONAL\)](#)

compromise, negotiation

[Solve the friendship problem](#)

respectful, assertive, balanced friendship

[Dan's day \(OPTIONAL\)](#)

sensitive, thoughtful, response

[Behave yourself](#)

resolution, assertiveness

[Assertiveness skills](#)

assertiveness, peer pressure



Lesson Plan

Key Vocabulary

[Don't force me](#)

marriage, civil partnership, forced marriage, illegal

[Acting appropriately](#)

illegal, appropriate, inappropriate

[Me and My Relationships - Pre and Post Unit Assessment: Y6/P7](#)

Y6: Valuing Difference

Lesson Plan

Key Vocabulary

[OK to be different](#)

confidence, witness, unique, bystander, positive feedback, self-esteem

[We have more in common than not](#)

unique, stereotype, sexual orientation, gender identify, gender expression, biological sex, diversity

[Respecting differences](#)

respect, body language, point of view, empathy, cultural norms, disrespect

[Tolerance and respect for others](#)

respect, unique, identity, prejudice, diversity, tolerance

[Advertising friendships!](#)

friend, relationships, acquaintance

[Boys will be boys? - challenging gender stereotypes](#)

stereotype, gender stereotype, media influence, assumption

[Valuing Difference - Pre and Post Unit Assessment: Y6/P7](#)

Y6: Keeping Safe



Lesson Plan	Key Vocabulary
<u>Think before you click!</u>	sharing, online safety, social media, parental consent, trolling, digital footprint, bot, troll
<u>It's a puzzle (OPTIONAL)</u>	privacy settings, identity theft, secure
<u>To share or not to share?</u>	permission, illegal, trolling, right to privacy, sharing online, sexual images, sexting, nudes, digital footprint
<u>Rat Park</u>	emotional needs, habit, addiction
<u>What sort of drug is...?</u>	drug, illegal, legal, medical, non-medical
<u>Drugs: it's the law!</u>	illegal, drug laws, age restrictions, possess, supply, produce, penalties
<u>Alcohol: what is normal?</u>	risks, alcohol, norms, short-term effects, long-term effects
<u>Joe's story (part 1) (OPTIONAL)</u>	emotional needs, physical needs
<u>Keeping Safe - Pre and Post Unit Assessment: Y6/P7</u>	

Y6: Rights and Respect

Lesson Plan	Key Vocabulary
<u>Two sides to every story</u>	fact, opinion, stereotype, biased, unbiased
<u>Fakebook friends</u>	sharing, profile, online safety, social media, image
<u>What's it worth?</u>	saving, interest, bank (building society) account, Junior ISA, debit card, cash, value



Lesson Plan	Key Vocabulary
<u>Jobs and taxes (OPTIONAL)</u>	VAT, public services, income tax (PAYE), tax
<u>Happy shoppers - caring for the environment</u>	energy, recycling, waste, re-use, Fairtrade, environmentally sustainable, composting, materials, transport, shop local, food miles
<u>Action stations! (OPTIONAL)</u>	voluntary group, community group, pressure (action) group, mission statement, values, beneficiary
<u>Project Pitch (parts 1 & 2) (OPTIONAL)</u>	mission statement, beneficiary, campaign bid, pitch, grant
<u>Democracy in Britain 1 - Elections</u>	democracy, elections, manifesto, voting booth, voting, candidate, policies, ballot slip, ballot box, constituencies, House of Commons, MP
<u>Democracy in Britain 2 - How (most) laws are made</u>	debate, penalties, House of Commons, proposal, amendments, enforcement, majority, House of Lords, Royal Assent
<u>Community art (OPTIONAL)</u>	community, valued
<u>Rights and Respect - Pre and Post Unit Assessment: Y6/P7</u>	

Y6: Being my Best

Lesson Plan	Key Vocabulary
<u>This will be your life!</u>	perseverance, aspirations, goal setting
<u>Our recommendations</u>	wellbeing, reliable, accurate, sources, health



Lesson Plan	Key Vocabulary
What's the risk? (1)	assessing risk, weigh up, dilemma
What's the risk? (2)	choices, influence, assessing risk, weigh up, misinformation, online behaviours
Basic first aid, including Sepsis Awareness	feelings, adult, calm, first aid, emergency, unresponsive, life skill, sepsis, Red Cross, ambulance, operator, information, serious, scenario, script, role, panic, responsive
Five Ways to Wellbeing project	wellbeing, connect, be active, take notice (mindful), give, keep learning (get creative)
Being My Best - Pre and Post Unit Assessment: Y6/P7	

Y6: Growing and Changing

Lesson Plan	Key Vocabulary
I look great!	body image, manipulation, self esteem, deepfake
Media manipulation	stereotype, gender stereotype, media manipulation
Pressure online	online safety, peer pressure, right to privacy, sharing online
Helpful or unhelpful? Managing change	change, support, conversation, discuss
Is this normal?	puberty, hormones, vulva, friends, identity, spots, If using the film clips, the following words are also used:, periods, rights, mood swings, period products, emotional changes,



Lesson Plan

Key Vocabulary

physical changes, FGM, voice deepening, Puberty and finding out who you are:, manage emotions, feeling funny sexually, start to have questions about sex, sexual reaction, more independence

Making babies

egg, ovaries, sperm, testicles, puberty, vagina, penis, orgasm, embryo, womb, sexual intercourse, consensual, condom, surrogacy, adoption, IVF, age of consent, miscarriage, conception, consensual relationship, hug, cuddle, kiss, erection, vaginal wetness, excited, pleasurable feeling, implant, pregnancy, birth, caesarean, cut, labour, muscles, cervix, hips widen, wet dreams, loving relationship, If using film clip - Reproduction Planned Parenthood: , cells, semen, ejaculate, hormones, menstrual cycle, ripen, lining of womb, mature egg, ovulation, fallopian tube, fertilisation, uterine lining, period, How a baby is born: , vaginal childbirth, pelvis, efface, dilate, contractions, mucous plug, water break, doctor, midwife, cervical opening, birth canal, delivery, active labour, contracts, crowning fetal head, episiotomy, skull bones, umbilical cord, placenta, breastfeeding, All the different ways couples can create babies:, queer couple, LGBTQ+, stepchildren, foster parents, artificial insemination, co maternity, blended



Lesson Plan

Key Vocabulary

family, donate sperm, sperm bank, derogatory, homophobic

[What is HIV? \(OPTIONAL\)](#)

vagina, womb, condom, cervix, semen, vaccination, prejudice, infection, medication, HIV, immune system, virus, transmission, sharing needles, sexual contact, Human immunodeficiency virus, illness, sexual activity, vaginal fluids, lifelong condition, life threatening, sharing of needles, blood transfusions, Human papilloma virus, cancer, antibodies

[Growing and Changing - Pre and Post Unit Assessment: Y6/P7](#)

Y6: Additional plans

Lesson Plan

Key Vocabulary

[Additional resources library.](#)

[Captain Coram Citizenship and History Resources](#)

Y6: SCARF at Home

Lesson Plan

Key Vocabulary

[SCARF at Home - home activities to embed SCARF values](#)