

SCARF Vocabulary Organiser 2026

<https://www.coramscarf.org.uk/scarf/key-vocabulary>

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, Friend, Family, Safe, Worried, Trust, Lonely
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	Key Vocabulary	
Growing and changing in nature	Different, Weather, Change, Grow, Temperature, Hear, Smell, See, Remember, Warmer, Seasons	
When I was a baby	Testicles, Penis, Adoption, Breastfeeding, Vulva, Change, Grow, Bigger, Taller, Special needs, Nipples	
Girls, boys and families	Testicles, Penis, Vulva, Private parts, Make a baby, , Dolls and cars are for everyone, Nipples	
N: Additional plans		
Lesson Plan	Key Vocabulary	
Additional resources library		
N: SCARF at Home		
Lesson Plan	Key Vocabulary	
SCARF at Home - home activities to embed SCARF values		
R: Me and My Relationships		
Lesson Plan	Key Vocabulary	
All about me	Same, Different, Special, Practice, Effort	
What makes me special	Same, Different, Special, Favourite	
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, Worried, Confused, Trustrated	
R: Valuing Difference		
Lesson Plan	Key Vocabulary	
I'm special, you're special	Special, Favourite, Dislikes, Likes	
Same and different	Same, Different, Kind, Unkind, Compliment, Affirmation	
Same and different families	Same, Different, Family	
Same and different homes	Same, Different, Home	

I am caring	Kind, Kindness, Trust, Apologise, Lonely
I am a friend	Friendship, Kindness, New friend, Trust, Caring, Apologise, Lonely
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, Screen usage
People who help to keep me safe	Safe, Tell, Worried, Adult, Trust, Address
R: Rights and Respect	
Lesson Plan	Key Vocabulary
Looking after my special people	Family, Look after, Help each other, Be alone
Looking after my friends	Friends, Help, Safe, Look after, Trust, Be alone, Uncomfortable, Lonely, Stranger
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, Online gaming, Digital money
Looking after money (2): saving money and keeping it safe	Money, Save, Safe place, Digital money
R: Being my Best	
Lesson Plan	Key Vocabulary
Bouncing back when things go wrong	Encourage, Bounce back, Try again
Yes, I can!	Friends, Help, Goals, Positive, Resilient, Yet
Healthy eating	Food, Fruit, Vegetables, Energy, Grow, Healthy, Dairy, Tooth decay
My healthy mind	Food, Sleep, Exercise, Energy, Grow, Healthy, Wash
Move your body	Muscles, Exercise, Heart
A good night's sleep	Sleep, Routine, Calm

R: Growing and Changing	
Lesson Plan	Key Vocabulary
Seasons	Seasons, Summer, Spring, Winter, Autumn, Cycle
Life stages - plants, animals, humans	Egg, Change, Grow, Growing, Life cycles, Seed, Baby, Old, Young
Life Stages: Human life stage - who will I be?	Adoption, Adult, Baby, Child, Teenager, Old age, Marriage, Civil partnership, Wedding, Ceremony, Celebration
Where do babies come from?	Egg, Sperm, Womb, Surrogacy, Adoption, Pregnancy, Breastfeeding, Love, Family, Care, Baby, Tummy, Donated sperm/eggs, Same-sex parents, One-parent families, Breasts
Getting bigger	Surrogacy, Adoption, IVF, Grow, Adult, Baby, Child, Teenager, Messages (DNA/Genes), Families of different beliefs
Me and my body - girls and boys	Sperm, Testicles, Vagina, Penis, Breastfeeding, Vulva, Private parts, Privacy, My body is mine (body autonomy), Dolls and cars are for everyone (gender stereotyping), Eggs, Nipples, Breasts, Anus
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?	Respect, Safe, Unsafe, Listening, Fair, Apologise
Thinking about feelings	Feelings, Safe, Body language, Emotions, Support
Our feelings	Feelings, Behaviour
Feelings and bodies	Help, Feelings, Hurt, Heal
Good friends	Friendship, Safe, Making up, Lonely, Alone, Include
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, Talents, Equal	
Unkindness, teasing or bullying?	Safe, Unsafe, Unkind, Behaviour, Unkindness, Tease, Teasing, Bullying, Aggressive, Target, Online bullying	
Harold's school rules	Rules, Safe, Fair	
It's not fair!	Kind, Safe, Unsafe, Unkind, Bullying, Fair, Unfair, Include	
Who are our special people?	Feelings, Special people, Qualities	
Our special people balloons	Family, Special people	
Valuing Difference - Pre and Post Unit Assessment: Y1/P2		
Y1: Keeping Safe		
Lesson Plan	Key Vocabulary	
Super sleep	Sleep, Grow, Rest, Tired, Screen usage	
Who can help? (1)	Sad, Feelings, Safe, Unsafe, Worried, Support, Nervous, Scared	
Good or bad touches?	Testicles, Vagina, Penis, Private, Vulva, Trust, Privates, Nipples, Buttocks, Bottom, Scrotum	
Sharing pictures	Consent, Entertainment, Donating, Risks, Harmful	
What could Harold do?	Responsibility, Safe, Medicine, Harmful	
Harold loses Geoffrey	Feelings, Emotions, Loss, Lost	
Keeping Safe - Pre and Post Unit Assessment: Y1/P2		
Y1: Rights and Respect		
Lesson Plan	Key Vocabulary	
Harold has a bad day	Safe, Unsafe, Behaviour, Consequences, Promise, Special promise, Gratitude, Grateful	
Around and about the school	Responsibility, Environment	
Taking care of something	Needs, Responsible, Responsibility, Rules, Respect	
Harold's money	Money, Cost, Bills, Spending, Afford, Online gaming, Digital money	
How should we look after our money?	Safe, Money, Bank, Coin, Note, Worth, Saving, Digital money, Digital payments	
Basic first aid	Risk, Safe, First aid, Accident, Danger, Hazard, Kettle, Burn, Scald, Emergency	
Rights and Respect - Pre and Post Unit Assessment: Y1/P2		

Y1: Being my Best	
Lesson Plan	Key Vocabulary
I can eat a rainbow	Fruit, Vegetables, Dairy, Starchy, Protein, Vitamins, Portion
Eat well	Sugar, Fruit, Vegetables, Healthy, Dairy, Salt, Cereal, Meat
Harold's wash and brush up	Clean, Routine, Hygiene
Catch it! Bin it! Kill it!	Germ, Hygiene, Disease, Spread
Harold learns to ride his bike	Practice, Learning, Make mistakes, Confidence, Achievement
Pass on the praise!	Encourage, Feelings, Safe, Support, Praise, Feedback, Respectful, Teamwork, Resilient, Include, Team
Inside my wonderful body! (OPTIONAL)	Sugar, Fruit, Vegetables, Dairy, Heart, Salt, Cereal, Meat, Organ, Lungs, Intestines, Brain, Stomach, O
Being My Best - Pre and Post Unit Assessment: Y1/P2	
Y1: Growing and Changing	
Lesson Plan	Key Vocabulary
Healthy me	Water, Food, Sleep, Exercise, Energy, Healthy, Oxygen, Air, Screen usage
Then and now	Needs, Help, Change, Growing, Size, Height
Taking care of a baby	Testicles, Penis, Needs, Vulva, Love, Help, Caring, Nipples, Attention, Scrotum
Who can help? (2)	Safe, Unsafe, Unkind, Unkindness, Tease, Teasing, Bullying, Witness, Experience, Getting help, Aggre
Surprises and secrets	, Surprise, Secret
Keeping privates private	Testicles, Vagina, Penis, Doctor, Breastfeeding, Private, Vulva, Help, Change, , My body is mine (body Hygiene, Sore, Private activity, Scrotum, Breasts, Anus
Growing and Changing - Pre and Post Unit Assessment: Y1/P2	
Y1: Additional plans	
Lesson Plan	Key Vocabulary
Additional resources library	
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, Kind, Safe, Unsafe, Unkind, Include	
Types of bullying	Respect, Bullying, Repeated, Online bullying, Loneliness	
Don't do that!	Help, Bullying, Don't do that, Aggressor, Target, Online bullying	
Bullying or teasing? (OPTIONAL)	Teasing, Bullying, Repeated, Regular, Aggressive, Online bullying	
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	
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	
When I feel like erupting	Feelings, Control, Erupt	
Feeling safe	Safe, Unsafe, Uniform, Ask for help	
Playing games	Risk, Gamer, Personal information, Internet	
Harold saves for something special	Money, Spending, Saving, Digital payments	
Harold goes camping (OPTIONAL)	Money, Spending, Saving, Online gaming	
How can we look after our environment?	Responsibility, Environment	
Rights and Respect - Pre and Post Unit Assessment: Y2/P3		
Y2: Being my Best		
Lesson Plan	Key Vocabulary	
You can do it!	Challenge, Encourage, Practice, Goal, Achieve	
My day	Choose, Healthy, Choices, Unhealthy	
Harold's postcard - helping us to keep clean and healthy	Germs, Hygiene, Disease, Vaccination, Injection	
Harold's bathroom	Teeth, Hygiene, Dental	
What does my body do?	Water, Food, Heart, Lungs, Brain, Stomach, Small intestine, Large intestine	
My body needs... (OPTIONAL)	Water, Food, Exercise, Rest, Oxygen, Screen usage	
Basic first aid	Risk, Safe, First aid, Accident, Danger, Hazard, Kettle, Burn, Scald, Emergency	
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, Testicles, Vagina, Penis, Womb, Pregnancy, Breastfeeding, Vulva, Special, Private parts (sexual autonomy), Eggs, Nipples, Bottom, Unique, Scrotum, Breasts, Anus	
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	

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, Safe, Making up, Falling out, Compromise
How can we solve this problem?	Needs, Respect, Compromise, Conflict, Point of view, Preferences
Tangram team challenge (OPTIONAL)	Cooperate, Collaborate
Friends are special	Safe, Unsafe, Trust, Calm, Making up, Listen, Point of view, Strategies, Apologise
Thunks	Continuum, Opinions, Respectful, Courteous, Challenging, Preferences
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, Stereotype
My community	Belonging, Community
Our friends and neighbours	Needs, Respect, Similarities, Differences, Identity
Let's celebrate our differences	Needs, Respect, Bullying, Similarities, Differences, Name calling, Bystander, Online bullying, Upsta
Zeb	Colour, Prejudice, Disability, Gender, Race, Sexuality, Stereotype, Discrimination, Cyberbullying, B bullying, Upstander, Abuse

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, Disinformation
Help or harm?	Medicines, Helpful, Harmful, Instructions, Drugs
Alcohol and cigarettes: the facts	Risk, Drugs, Cigarettes, Nicotine, Alcohol
Raisin challenge (1) (OPTIONAL)	Risks, Strategies, Decisions
Keeping Safe - Pre and Post Unit Assessment: Y3/P4	
Y3: Rights and Respect	
Lesson Plan	Key Vocabulary
Helping each other to stay safe	Responsible, Safe, Healthy, Helper
Recount task	Fake news, Fact, Opinion, Misinformation, Disinformation
Our helpful volunteers	Wellbeing, Volunteer
Can Harold afford it?	Spending, Saving, Income
Earning money	Income, Earning
Harold's environment project	Environment, Waste
Let's have a tidy up! (OPTIONAL)	Responsibility, Environment
Rights and Respect - Pre and Post Unit Assessment: Y3/P4	
Y3: Being my Best	
Lesson Plan	Key Vocabulary
Derek cooks dinner! (healthy eating)	Balanced diet, Muscles, Teeth, Energy, Healthy, Dairy, Proteins, Bones, Starchy carbohydrates, Fruit
Poorly Harold	Water, Sleep, Medicine, Rest, Hygiene, Safety, Instructions, Infection, Cleanliness, Dose, Drug
Body team work	Lungs, Intestine, Vessels, Arteries, Liver
For or against?	Continuum, Respectful, Courteous, Debate, Discussion, Justify
I am fantastic!	Achieve, Ambitions, Improve, Goals, Gender identity

Top talents	Goal-setting, Talents, Skills, Intelligence
Getting on with your nerves! (OPTIONAL)	Cooperation, Teamwork, Collaboration
Being My Best - Pre and Post Unit Assessment: Y3/P4	
Y3: Growing and Changing	
Lesson Plan	Key Vocabulary
Relationship tree	Trust, Caring, Healthy, Positive, Relationships, Online relationships, Misinterpretation
Body space	Testicles, Vagina, Penis, Respect, Vulva, Nipples, Uncomfortable, Touch, Scrotum, Personal space, Body space, Invade, Stop, Anus
None of your business!	Internet safety, Private, Personal information, Public, Profile, Digital tattoo
Secret or surprise?	Excited, Feelings, Worried, Scared, Surprise, Secret, Uncomfortable, Angry, Upset, Jealous, Talk
My changing body	Egg, Ovaries, Sperm, Testicles, Puberty, Vagina, Penis, Womb, Erection, Birth, Cervix, Wet dreams, Menstrual cycle, Fallopian tube, Period, Vulva, Nipples, Genitals, Scrotum, 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, Anus, Involuntary erections
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, Safe, Unsafe, Qualities, Aggressive, Positive, healthy relationship, Responsibilities, Excluded, Assertive
Ok or not ok? (part 2)	Friendly, Aggressive, Compromise, Respectful, Assertive, Rude, Face-to-face, Controlling

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, Bullying, Prejudice, Pressure, Independent, Discrimination, Aggressor, Online bullying, Upstander	
Me and My Relationships - Pre and Post Unit Assessment: Y4/P5		
Y4: Valuing Difference		
Lesson Plan	Key Vocabulary	
Can you sort it?	Respect, Safe, Unsafe, Compromise, Conflict, Negotiation, Disrespect, Agree, Disagree	
What would I do?	Respect, Fair, Aggressive, Apologise, Prejudice, Discrimination, Bystander, Aggressor, Target, Upstander, Equal	
The people we share our world with	Respect, Similarities, Responsibilities, Belief	
That is such a stereotype!	Challenge, Stereotype, Upstander, Disagree	
Friend or acquaintance?	Friendly, Friend, Sharing, Relationships, Acquaintances, Self-confidence	
Islands	Body space, Invade	
Valuing Difference - Pre and Post Unit Assessment: Y4/P5		
Y4: Keeping Safe		
Lesson Plan	Key Vocabulary	
Danger, risk or hazard?	Risk, Danger, Hazard, Hazardous, Dangerous, Risky, Sunburn	
How dare you!	Risks, Aggressive, Dare, Assertive, Online challenge, Critical thinking, Controlling	
Keeping ourselves safe	Assertive, Persevere, Controlling	
Raisin challenge (2)	Consequences, Influence, Influencer, Aggressor, Target, Online bullying	
Picture wise	Privacy, Privacy settings, Security, AI – Artificial Intelligence	
Medicines: check the label	Medicine, Drug	
Know the norms (OPTIONAL)	Choices, Social norm	

Traffic lights (OPTIONAL)	Privacy, Personal information, Privacy settings, Online safety, Location settings
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, Griefers
In the news!	Respectful, Courteous, Opinion, Influence, Influencer, Misinformation, Disinformation
Safety in numbers	Witness, Anti-social behaviour, Aggressor, Upstander
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
Making choices	Wellbeing, Respect, Encourage, Support, Choices, Respectful, Decisions, Health, Agree, Disagree
SCARF hotel	Balanced diet, Wellbeing, Mental health, Screen usage
Harold's Seven Rs	Refuse, Reduce, Re-use, Recycle, Rot, Repair, Re-think
My school community (1)	Community
Basic first aid	First aid, Accident, Burn, Scald, Emergency, Injury, Minor, Blood, Nose bleed, Choking, Breathing, Airway, Unresponsive, Casualty, Wound, Recovery
Volunteering is cool (OPTIONAL)	Wellbeing, Voluntary group, Connect, Be active, Be mindful, Get creative, Give to others
Being My Best - Pre and Post Unit Assessment: Y4/P5	
Y4: Growing and Changing	
Lesson Plan	Key Vocabulary
Moving house	Excited, Challenge, Practice, Change, Worried, Emotions, Support, Upset, Familiar, Progress

My feelings are all over the place!	Puberty, Hormones, Feelings, Compromise, Conflict, Independence
All change!	Ovaries, Sperm, Testicles, Puberty, Vagina, Penis, Womb, Pregnancy, Wet dreams, Semen, Hormones, Menstrual cycle, Period, Vulva, Privacy, Eggs, Nipples, Hygiene, Genitals, Scrotum, Tampon, Breasts, Spots, Sweat, Pubic hair, If using the film clips, the following words are also used:, Fertilised egg, Uterus (womb), Pregnant, Clitoris, Labia, Legal age of consent, Marriage, Puberty for boys:, Facial hair, Underarm hair, Body odour, Ejaculation, Spontaneous erections, Pleasure, Masturbation, Growth spurt, Deeper voice, Acne, Breast growth, Reproduction, Testosterone, Mood swings, Romantic/sexual interest, Endometrium (uterus lining), Stomach ache, Headache, Cramps, Pads, Menstrual cup, Foreskin, Anus, Hair growth, Emotional changes, Physical, Sexual feelings, Stages of Female Puberty:, Reproduce, Uterus lining, Menstruation:, Fluid, Period pants, Added vocabulary for main lesson:, Circumcision
Preparing for changes at puberty	Ovaries, Sperm, Testicles, Puberty, Vagina, Penis, Cervix, Wet dreams, Semen, Ejaculate, Menstrual cycle, Ovulation, Fallopian tube, Vulva, Eggs, Nipples, Genitals, Scrotum, 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, Clitoris, Labia, Spontaneous erections, What is a wet dream?, Nocturnal emission, Whitish fluid, Wet, Lubricated, Slippery, Sexual nature, Pee, Sheets, Guilty, Embarrassed, Normal, Natural, Voice deepens, Lining of the uterus, Pads, Menstrual cup, Menstruation Film Clip, Foreskin, Anus, Vaginal discharge, Involuntary erections, Added vocabulary for main lesson:, Circumcision
Secret or surprise?	Surprise, Secret, Uncomfortable feelings
Together	Safe, Unsafe, Relationships, Marriage, Live together, Civil partnership, Forced marriage, Wedding, Ceremony
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	Safe, Unsafe, Compromise, Conflict, Negotiation, Resolution, Self-esteem, Loneliness	
Communication (OPTIONAL)	Body language, Face-to-face, Non-verbal, Tone of voice, Digital footprint, Digital tattoo	
How good a friend are you?	Lonely, Insensitive, Sensitive, Self-esteem, Insecure	
Relationship cake recipe	Respect, Unsafe, Aggressive, Assertive, Unhealthy relationship, Verbal abuse, Physical abuse, Sexual abuse, Uncomfortable touching, Passive, Self-esteem, Include, Controlling, Abuse, Neglect	
Our emotional needs	Emotions, Emotional needs	
Being assertive	Safe, Unsafe, Bullying, Aggressive, Assertive, Lonely, Passive, Bystander, Self-esteem, Loneliness, Rejection	
Me and My Relationships - Pre and Post Unit Assessment: Y5/P6		
Y5: Valuing Difference		
Lesson Plan	Key Vocabulary	
Qualities of friendship	Friendship, Listening, Compromise, Assertive, Negotiate, Talking, Self-esteem, Loneliness, Controlling	
Kind conversations	Respect, Compromise, Listening skills, Assertive, Negotiate, Controlling, Neglect	
Happy being me	Prejudice, Excluded, Stereotype, Discrimination, Upstander, Neglect, Justice	
The land of the Red People	Metaphor, Diverse, Multi-cultural society, Prejudice, Discrimination, Equity, Equality, Neglect	
Is it true?	Fake news, Fact, Assertive, Biased, Self esteem, Online bullying, Misinformation, Disinformation, Critical thinking, Disagree, Algorithms	
Stop, start, stereotypes	Prejudice, Assertive, Verbal abuse, Physical abuse, Sexual orientation, Gender identity, Gender expression, Biological sex, Online bullying, Gender reassignment (protected characteristic), Transgender, Disagree	
It could happen to anyone (OPTIONAL)	Friendly, Friend, Consequences, Embarrassed, Reactions	
Valuing Difference - Pre and Post Unit Assessment: Y5/P6		
Y5: Keeping Safe		
Lesson Plan	Key Vocabulary	
Spot bullying	Bullying, Cyberbullying, Bystander, Aggressor, Target, Online bullying, Upstander	
Play, like, share 1	Personal information, Privacy settings	

Keeping Safe - Pre and Post Unit Assessment: Y5/P6		
Play, like, share 2	Bystander, Target, Online bullying, Upstander, Digital footprint, Digital tattoo	
Decision dilemmas	Pressure, Influence, Assessing risk, Risk taking	
Vaping: healthy or unhealthy?	Substance, Stimulant	
Would you risk it?	Assertive, Risk taking	
Ella's diary dilemma (OPTIONAL)	Dare, Assertive, Pressure, Resist pressure, Digital footprint, Digital tattoo, Controlling, Equality, Fairness	
'Thunking' about habits (OPTIONAL)	Healthy, Choices, Habit, Addiction	
Drugs: true or false? (OPTIONAL)	Aggressive, Drugs, Cigarettes, Alcohol, Assertive, Self-esteem, Controlling, Neglect	
Smoking: what is normal? (OPTIONAL)	Norms, Perception	
Y5: Rights and Respect		
Lesson Plan	Key Vocabulary	
What's the story?	Responsibility, Misinformation, Disinformation, AI – Artificial Intelligence	
Fact or opinion?	Fake news, Fact, Opinion, Biased, Unbiased, Misinformation, Disinformation	
Mo makes a difference	Voluntary group, Community group, Pressure (action) group	
Rights, respect and duties	Responsibility, Rights, Duties	
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!	Energy, 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, Wellness, Restore, Intensity
Taking notice of our feelings	Safe, Resilience, Unwanted attention, Unwanted touch
Dear Ash	In confidence, Break a confidence, Confidential
Growing up and changing bodies	Testicles, Puberty, Vagina, Penis, Semen, Hormones, Period, Vulva, Nipples, Hygiene, Genitals, Scrotum, Period/ Menstruation, Clitoris, Labia, Body odour, Acne, Foreskin, Vaginal discharge, Genitalia, Oil glands, Managing feel clip, the following words are also used:, Sweat glands, Body hair, Circumcision
Changing bodies and feelings	Testicles, Vagina, Penis, Hips widen, Wet dreams, Hormones, Doctor, Vulva, Sleep, Exercise, Emotions, Nipples, Scrotum, 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, Foreskin, 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, Deodrant, 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, Circumcision
Help! I'm a teenager - get me out of here!	Puberty, Hormones, Respect, Compromise, Conflict, Negotiate, Mood swings, Emotional changes, Neglect
Dear Hetty (OPTIONAL)	Separation, Fostered
Growing and Changing - Pre and Post Unit Assessment: Y5/P6	
Making babies (OPTIONAL)	Egg, Ovaries, Sperm, Testicles, Puberty, Vagina, Penis, Orgasm, Embryo, Womb, Sexual intercourse, Consensual, 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, Queer couple, Stepchildren, Foster parents, Co maternity, Blended family, Donate sperm,

	Sperm bank, Derogatory, Homophobic, Vulva, Nipples, Scrotum, Fertilised egg, Uterus (womb), How do LGBTQ Couples Create a Family:, Gay, Lesbian, Biological, Reproductive technology, Alternative insemination, Ova	
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)	Excluded, Sensitive, Thoughtful, Response, Disrespect	
Behave yourself	Resolution, Assertiveness, Rejected	
Assertiveness skills	Assertiveness, Peer pressure, Controlling, Abuse, Neglect	
Don't force me	Marriage, Civil partnership, Forced marriage, Illegal, Preferences, Abuse	
Acting appropriately	Assertive, Illegal, Appropriate, Inappropriate, Bystander, Upstander	
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, Problem, Compromise, Conflict, Negotiate, Isolated, Bystander, Positive feedback, Self-esteem, Self-worth, Insecure, Self-worth, Solution	
We have more in common than not	Unique, Prejudice, Assertive, Stereotype, Discrimination, Sexual orientation, Gender identity, 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, Discrimination, Diversity, Tolerance	
Advertising friendships!	Friend, Relationships, Acquaintance	

Boys will be boys? - challenging gender stereotypes	Consent, Prejudice, Assertive, Pressure, Stereotype, Discrimination, Gender stereotype, Media influence, Assumption, Upstander, Digital platforms, Boundaries, If using Gender Roles and Stereotypes film clip:, Society's expectations, Traditional, Unequal, Ideals, Gender roles, If using Masculinity Myths film clip:, Cultural beliefs, Masculine, If using Money and Gender Norms film clip:, Gender norms, Gender-specific, Behavioural, Emotional	
Valuing Difference - Pre and Post Unit Assessment: Y6/P7		
Y6: Keeping Safe		
Lesson Plan	Key Vocabulary	
Think before you click!	Sharing, Online safety, Social media, Parental consent, Trolling, Misinformation, Disinformation, Digital footprint, Bot, Troll, Digital tattoo, Algorithms	
It's a puzzle (OPTIONAL)	Privacy settings, Identity theft, Secure, Digital footprint, Digital tattoo, Online sharing	
To share or not to share?	Permission, Illegal, Trolling, Right to privacy, Sharing online, Sexual images, Sexting, Nudes, Digital footprint, Digital tattoo	
Rat Park	Emotional needs, Habit, Addiction	
What sort of drug is...?	Drug, Illegal, Legal, Medical, Non-medical	
Drugs: it's the law!	Illegal, Drug laws, Age restrictions, Possess, Supply, Produce, Penalties	
Alcohol: what is normal?	Risks, Alcohol, Norms, Short-term effects, Long-term effects	
Joe's story (part 1) (OPTIONAL)	Aggressive, Assertive, Emotional needs, Passive, Self-esteem, Physical needs, Controlling, Neglect	
Keeping Safe - Pre and Post Unit Assessment: Y6/P7		
Y6: Rights and Respect		
Lesson Plan	Key Vocabulary	
Two sides to every story	Fact, Opinion, Assertive, Stereotype, Biased, Unbiased	
Fakebook friends	Sharing, Profile, Online safety, Social media, Image	
What's it worth?	Saving, Interest, Bank (building society) account, Junior ISA, Debit card, Cash, Value, Online gaming, Digital resilience	
Jobs and taxes (OPTIONAL)	VAT, Public services, Income tax (PAYE), Tax	
Happy shoppers - caring for the environment	Energy, Recycling, Waste, Re-use, Fairtrade, Environmentally sustainable, Composting, Materials, Transport, Shop local, Food miles	

Action stations! (OPTIONAL)	Voluntary group, Community group, Pressure (action) group, Mission statement, Values, Beneficiary	
Project Pitch (parts 1 & 2) (OPTIONAL)	Mission statement, Beneficiary, Campaign bid, Pitch, Grant	
Democracy in Britain 1 - Elections	Democracy, Elections, Manifesto, Voting booth, Voting, Candidate, Policies, Ballot slip, Ballot box, Constituencies, House of Commons, MP	
Democracy in Britain 2 - How (most) laws are made	Debate, Penalties, House of Commons, Proposal, Amendments, Enforcement, Majority, House of Lords, Royal Assent	
Community art (OPTIONAL)	Community, Valued	
Rights and Respect - Pre and Post Unit Assessment: Y6/P7		
Y6: Being my Best		
Lesson Plan	Key Vocabulary	
This will be your life!	Perseverance, Aspirations, Goal setting	
Our recommendations	Wellbeing, Reliable, Accurate, Sources, Health, Misinformation, Disinformation	
What's the risk? (1)	Assessing risk, Self-esteem, Weigh up, Dilemma, Controlling, Neglect, Self-worth	
What's the risk? (2)	Choices, Influence, Assessing risk, Weigh up, Misinformation, Online behaviours, Algorithms	
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, Digital media, Self-worth	
Media manipulation	Assertive, Stereotype, Gender stereotype, Media manipulation, Gender reassignment (protected characteristic)	
Pressure online	Online safety, Peer pressure, Right to privacy, Sharing online	
Helpful or unhelpful? Managing change	Change, Support, Conversation, Discuss	
Is this normal?	Ovaries, Sperm, Testicles, Puberty, Vagina, Penis, Hips widen, Hormones, Vulva, Friends, Eggs, Nipples,	

	Scrotum, Identity, Breasts, Spots, Pubic hair, Periods, Rights, Clitoris, Labia, Mood swings, Natural, Anus, FGM/cuts to the vulva, Period products, Emotional changes, Physical changes, FGM, Voice deepening, Manage emotions, Feeling funny sexually, Start to have questions about sex, Sexual reaction, More independence, Increased weight, If using film clip, the following words are also used:	
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, Queer couple, Stepchildren, Foster parents, Co maternity, Blended family, Donate sperm, Sperm bank, Derogatory, Homophobic, Vulva, Nipples, Scrotum, Fertilised egg, Uterus (womb), How do LGBTQ Couples Create a Family:, Gay, Lesbian, Biological, Reproductive technology, Alternative insemination, Ova	
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		
Online Sexual Content (OPTIONAL)	Vagina, Penis, Orgasm, Sexual intercourse, Consensual, Condom, Conception, Consensual relationship, Hug, Cuddle, Kiss, Erection, Vaginal wetness, Excited, Pleasurable feeling, Loving relationship, Respectful, Online sexual content	
Intimate images and online sharing (OPTIONAL)	Trust, Privacy, Consent, Share, Personal information, Persuade, Pressure, Inappropriate, Misinformation, Disinformation, AI – Artificial Intelligence, Nudes, Digital footprint, Deepfake, Digital tattoo, Online sharing, Report, Intimate images (nudification), Motivation	
Y6: Additional plans		
