

Examples of SCARF teaching resources for Relationships and Health Education

EYFS: Getting bigger; Where do babies come from?; Human Life cycle – who will I be?

Name _____

Getting bigger

When I was a baby I couldn't...

When I was a toddler I couldn't...

When I am a teenager I can...

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Year 1: Keeping privates private; Good or bad touch

Activity sheet

Needing the toilet

What could you do as a baby?	Me as a baby	Who helped you as a baby?
What could you do as a toddler?	Me as a toddler	Who helped you as a toddler?
What can you do now?	Me now	Who helps you now?

The PANTS rules

- P** RIVATES ARE PRIVATE
- A** LWAYS REMEMBER YOUR BODY BELONGS TO YOU
- N** O MEANS NO
- T**ALK ABOUT SECRETS THAT UPSET YOU
- S**PEAK UP, SOMEONE CAN HELP

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Year 2. My body, your body; Should I tell?

Activity sheet

My body, your body

Activity sheet

Should I tell?
Surprises and secrets

Draw or write your answers in the space below

What sort of surprises is it OK to keep?	Should we ever keep an adult's secret that we feel uncomfortable about?
Why not?	
Who can we tell when we want to talk about it?	If the adult we want to tell is busy, how can we get their attention?

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Year 3: My changing body; Help or Harm?

Activity sheet
Periods positive

Cut out the pictures and arrange them in the correct order. Then stick them onto a blank sheet of paper.

Activity sheet
Label the parts

Label the different internal parts of the female reproductive system.

Activity sheet
Help or harm?

Look at the list below. Do these things help or harm a person's body?
Can any of them do both?
Put your answers into the circles above.
• Exercise • Sleep • Food • Alcohol • Cigarettes • Medicines
Draw or write the reasons. Then, around the outside of the circles, write the reasons for your choices.

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Year 4. Preparing for Periods; All change; Together

Activity sheet
Period Quiz

Read the following 10 statements and decide whether you think they are True or False. Circle the correct answer.

- Girls are born with thousands of eggs inside their ovaries. True False
- It's normal for a girl to start her period anytime between the ages of 8-17. True False
- All girls bleed for the same amount of time when they have their periods. True False
- A period happens because the body has too much blood in it. True False
- If a girl finds period pains very painful, it's best to 'grin and bear' it. True False
- Tampons and sanitary towels come in all shapes and sizes. True False
- Period blood can be smelly once it leaves the body. True False
- It's normal to get moody or grumpy around the time of a period starting. True False
- Tampons can get lost inside the body. True False
- It's a good idea to practice putting tampons in before periods start. True False

Activity sheet
Different types of sanitary products

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Activity sheet
Animal Reproductive Ages

Guess the reproductive ages for these different species. Cut out the cards below and then arrange them in order of their reproductive age, (that's the age at which these animals are able to start reproducing) from youngest to oldest.

Butterflies	Birds
Frogs	Rabbits
Humans	Mice
Elephants	

Activity sheet
Together

On my own I can

With someone special who loves, cares for and supports me I can . . .

In the future, I might want to spend my life with someone.
These are the things I would like to do together with them . . .

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Year 5. Growing up; Changing bodies and feelings;

Drugs: True or False?

In the Life Education session Ella wanted her friend to try a cigarette. Cigarettes contain a drug called nicotine. Nicotine is a legal drug in this country which means it is allowed to be sold in shops.

But the way drugs are categorised is quite complicated in this country so try our 'True or False' quiz to see how much you understand about drugs!

How to do the quiz:

- Discuss each statement in pairs or threes. Agree between you whether the statement is true or false and give a reason as to why.

True or False?

- All drugs are medicines. ☐ True or ☐ false?
- Medicines are drugs. ☐ True or ☐ false?
- Medicines can only be obtained with a doctor's prescription. ☐ True or ☐ false?
- Some medicines can legally be bought without a doctor's prescription. ☐ True or ☐ false?
- Alcohol is a legal drug in this country. ☐ True or ☐ false?
- Anyone can be sold an alcoholic drink in this country. ☐ True or ☐ false?
- Shops can be fined if they sell alcohol to a person under the age of eighteen. ☐ True or ☐ false?
- Alcohol is sometimes used in other products like antiseptic wipes, antiseptic hand-gel and mouthwash. ☐ True or ☐ false?
- Alcohol is sometimes used in medicines. ☐ True or ☐ false?
- People are allowed to smoke in public places like shops, offices and trains. ☐ True or ☐ false?

How well did you do?
Was there anything you didn't understand?
(Don't worry if there was as it's quite complicated!)
Discuss why we have these laws in this country.

Optional Homework
When you have checked your answers with your teacher you could design a poster which clearly explains one of the points you have learnt about drugs?

How can you get your point across without causing any confusion? Check with your teacher that your poster is factually correct!

DRUGS

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Activity sheet (c)

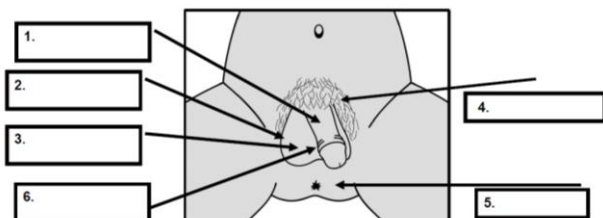
Emotions and feelings: true or false?

1. It's normal for a person to put on weight when going through puberty.	2. It is wrong for a person to want to touch their own penis or vulva.
3. If a girl doesn't wear a bra by the time she goes to secondary school something's wrong.	4. You should always talk to someone you trust if you are worried about your body changing.
5. Girls should always shave their body hair when it starts growing.	6. Stretch marks are a sign that someone is getting too fat.
7. If a boy doesn't get wet dreams, there's something wrong with him.	8. If someone is shorter than their friends when they start secondary school, they are always going to be short.
9. If a boy starts getting erections it means he is ready for sex.	10. If a person has a crush on someone it means they want them to be their girlfriend/boyfriend.

Activity sheet (b)

Labelling male external body parts

Can you correctly label the following diagram, using the words in the box below?



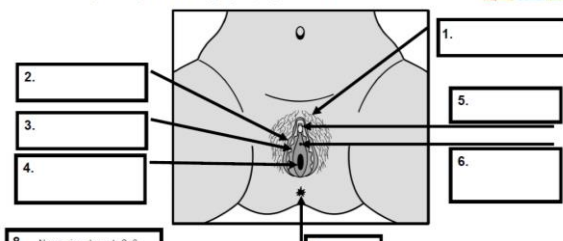
* Pubic hair * Foreskin * Anus * Penis * Testicle * Scrotum

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Labelling female external body parts

Can you correctly label the following diagram, using the words in the box below?



* Pubic Hair * Outer Lips * Vaginal Opening * Vulva * Clitoris * Urinary opening * Anus * Inner Lips

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Year 6. Making babies; Is this normal?

Activity sheet

Agony Aunt Letters

Dear Auntie Agatha,

I have noticed my skin is really greasy these days. I have also started getting some revolting spots. It is so embarrassing! I hate it because I feel as if everyone notices and is talking about me. What can I do? Ryan

Dear Ryan...

Dear Auntie Agatha,

I am so much shorter than my friends. I've always looked younger than them. Now all my friends seem to have started their periods. I keep wondering if there is something wrong with me. What should I do? Daisy

Dear Daisy...

Dear Auntie Agatha,

My voice is breaking me out. Sometimes I start to talk and it squeals. People in my class laugh at me. I hate it. When will it stop? Mahmet

Dear Mahmet...

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Activity sheet

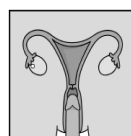
Puberty statements: true or false?

Circle the answer you think is correct – then write your reasons

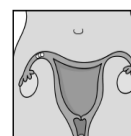
- Puberty only affects girls.
True False Not sure
Reasons: _____
- Puberty starts when you are 11 years old.
True False Not sure
Reasons: _____
- Everybody experiences puberty.
True False Not sure
Reasons: _____
- When people are going through puberty, they become really moody.
True False Not sure
Reasons: _____
- If a girl starts her periods, she is an adult.
True False Not sure
Reasons: _____

Sorting Activity: Conception and pregnancy timeline

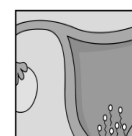
Cut out laminated copies of the images and related text for children to arrange them in the correct order. (Make enough sets for children to work in groups of 5 or 6).



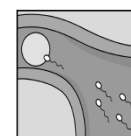
A man and woman have sexual intercourse. All this happens at the time of the month when the woman's body is releasing an egg from the ovary. This is called ovulation.



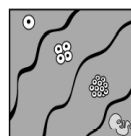
Ovulation-The egg is released from the ovary into the fallopian tube (passage the leads from the ovary to the womb). It starts to travel down the tube very slowly, towards the womb. It will stay in the fallopian tube for a few days.



During sexual intercourse the man's penis enters the woman's vagina. He has an orgasm, releasing millions of sperm into her vagina. A few make it right to the fallopian tube, where the egg is.



One sperm meets the egg and enters it, beginning the first phase of making a baby. This is called fertilisation.



About 1½ days later the fertilised egg (egg and sperm combined) begin to change and grow.



About six days later the egg, now called an embryo, implants in the lining of the womb. This is where the embryo will continue to grow (if the pregnancy continues).



Eventually around nine months later, the baby is ready to be born. Most babies are born head first and will leave the womb, travel down through the cervix and out through the vagina. This is called the labour.



The baby arrives and now needs lots of milk and attention to ensure it grows happy and healthy.

