



# An explainer of our PSHE/RSE curriculum for families

Our aim is to support children to be happy, healthy and safe, and to develop the knowledge, skills and confidence they need for life.

At Abbey Hill, we believe PSHE and RSE education helps every child grow into a healthy, confident and responsible person, ready for life.

Through the **SCARF** programme, we give children the knowledge, skills and confidence to make positive choices, build healthy relationships and stay safe – both online and offline.



## Me and My Relationships

Understanding ourselves, our feelings and how to build positive, respectful relationships and know how to get help.



## Valuing Difference

Learning to celebrate differences, show respect and understand, and value diversity and British values.



## Keeping Myself Safe

Knowing how to keep ourselves safe, including online safety, managing risks and looking after our health and wellbeing.



## Rights and Respect

Understanding our rights and responsibilities, how we can look after others, our environment and our money.



## Being My Best

Building resilience, setting goals, looking after our mental and physical health and developing a positive mindset and aspirations.



## Growing and Changing

Understanding the human body, life cycles, change, puberty and how to manage feelings and make healthy choices.

## Delivery Information



### Age-appropriate and sensitive

Content is carefully sequenced and delivered in a way that is right for each age group.



### Open and honest communication

Children are encouraged to ask questions and speak to a trusted adult if they need support.



### Working in partnership

We value the role of families and welcome conversations about our curriculum.



### You can see what we teach

Curriculum overviews and resources are available to view on request at any time.



### Important Clarification

Parents have the right to withdraw their child from the Sex Education curriculum in Year 6. This does not include the Science curriculum, which is statutory.

Our school values

Ambition

Pride

Kindness

Resilience

