



coram 
Life Education

SCARF Workshops

**Relationships and Sex Education
Year 3 - Year 6**

SCARF Workshops: Relationships and Sex Education

Support your pupils' wellbeing and values-based learning with our engaging, age-appropriate workshops, delivered by confident, experienced educators. Building on the trusted foundations of our SCARF online resources, these sessions explore:

- Puberty and body changes
- Healthy relationships and respect
- Emotional wellbeing and self-care
- Staying safe and recognising boundaries
- Introduction to sex education (for older pupils)

Each workshop is fully aligned with the DfE statutory guidance for RSHE, and contributes to your school's SMSC, safeguarding, and mental health provision. All content is classroom-tested and regularly reviewed to ensure meaningful, age-appropriate learning.

A Parents/Carers Workshop is also available to support home-school partnership and open conversations (subject to regional availability.)

Please refer to our Mapping Document to see how SCARF helps you meet DfE Statutory Guidance for: Relationships and Sex Education





Growing Up Up Up (7 to 8 year olds)

This engaging, age-appropriate workshop helps children begin to understand the changes that happen as we grow up. Led by experienced educators, it supports pupils in exploring:

- The human life cycle and how our bodies grow and change
- Puberty as a natural part of growing up
- Similarities and differences between male and female bodies
- Correct names for external body parts, including genitals
- The importance of body autonomy and personal boundaries
- Early understanding of consent and asking for permission

Your Coram SCARF educator will be happy to discuss your precise requirements with you and tailor the content according to your children's needs.

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Time for Change (8 to 10 year olds)

Support your pupils as they begin to navigate the changes of puberty with this engaging, age-appropriate workshop. Led by experienced educators, the session helps children understand:

- That puberty brings physical, emotional, and psychological changes
- The names and basic functions of male and female reproductive organs
- How hormonal changes can affect emotions and behaviour
- Strategies to build resilience and manage new experiences confidently

Your Coram SCARF educator will be happy to discuss your precise requirements with you and tailor the content according to your children's needs.

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Growing Up Ready (8 to 9 year olds)

This sensitive and age-appropriate workshop helps children build confidence in understanding their bodies and personal boundaries. Led by experienced educators, the session covers:

- A quick recap of puberty changes and the correct terminology (for more in-depth puberty content book the Time for Change workshop)
- The concept of body ownership and the right to personal space
- How to recognise and respond to unwanted or inappropriate touch
- Developing confidence to say “no” and seek help when needed

Your Coram SCARF educator will be happy to discuss your precise requirements with you and tailor the content according to your children’s needs.

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Growing Up Safe (9 to 10 year olds)

This workshop builds on pupils' existing knowledge of puberty, helping them explore the emotional and social aspects of growing up with confidence and clarity. Led by experienced educators, the session covers:

- A quick recap of puberty changes and the correct terminology (for more in-depth puberty content book the Time for Change workshop)
- Challenging gender stereotypes and promoting respectful attitudes
- Understanding the meaning of consent and body autonomy
- Knowing how to respond to situations involving unwanted touch

Your Coram SCARF educator will be happy to tailor the content to meet the specific needs of your pupils.

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Growing Up Confident (10 to 11 year olds)

This thoughtful and age-appropriate workshop helps pupils deepen their understanding of puberty and reproduction, while reinforcing the importance of personal boundaries and respectful behaviour.

Led by experienced educators, the session explores:

- How puberty-related body changes are linked to reproduction
- The process of conception, pregnancy, and birth
- The importance of physical and personal boundaries, including verbal interactions
- How to recognise when boundaries are crossed and what to do, to help keep school a safe space for everyone

Your Coram SCARF educator will be happy to tailor the content to meet the specific needs of your pupils.

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