

# What we do

## Health, Wellbeing, Relationships, and Drugs Education

Coram Life Education is the leading provider of health, wellbeing, relationships, and drugs education to almost half a million children across the UK, delivered under the strapline 'Helping Children Make Healthy Choices'. Trained Educators use evidence-based, interactive, creative methods and resources to stimulate curiosity and imagination amongst children in 1 in 10 English and Scottish primary schools (2,004 schools).



Our memorable life skills sessions are delivered in a mobile classroom or LifeSpace inside school grounds. Coram Life Education takes a three strand approach addressing children's knowledge, skills and attitudes, and programmes are aligned with the National Curriculum (Citizenship, PSHE Education), covering all Key Stages. Coram Life Education helps schools meet their statutory requirements for children's Spiritual, Moral, Social and Cultural development, and Ofsted inspection criteria for personal development, behaviour and welfare. Coram Life Education's programmes are also aligned with Scotland's Curriculum for Excellence. Recognising the role of the community and home life in influencing children's choices, we design our programme with schools and deliver special sessions and assemblies for parents and carers to amplify our effectiveness.

## What children experience

Children's experience of Coram Life Education's sessions is fun, engaging and memorable. Children meet Harold the Giraffe puppet ('Healthy Harold'), and friends, have discussions and watch short films about healthy eating, legal and illegal drugs and their effects, the body and how it works, friendships and their influence, and how choices and behaviours can affect children's health and education outcomes. Coram Life Education's interventions include challenging social norms – misperceptions of peers' engagement with risky behaviour – to engender more positive behaviours.

Take a look at our Programme Overview

(</downloads/CoramLifeEducationProgrammeOverviewLeafletupdated2019-20.pdf>) to find out about what children experience in each year group.

## How we work

Coram Life Education has a distributed delivery structure in which 20 Delivery Partner charities and Coram Branches deliver in local areas under agreement with Coram. Coram Life Education has a presence in the South West, London and South East, West Midlands, East of England, North West, The North and Aberdeenshire.

Find out if we deliver our programmes in your area (</your-local-area>).

## SCARF

Alongside our mobile classroom or LifeBox visit, online teacher resources called SCARF (which stands for Safety, Caring, Achievement, Resilience and Friendship) provide a whole-school approach to building these essential foundations – crucial for children to achieve their best, academically and socially. Mapped to the PSHE Association programmes of study, SCARF is a framework consisting of lesson plans, online planning and assessment tools to give busy teachers skills and confidence to embed a comprehensive PSHE and Wellbeing programme throughout the primary years. SCARF is a whole-school approach to promoting behaviour, safety, achievement and wellbeing.

Find out about SCARF Online. (</scarf/>)

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working together for quality  
relationships and sex education