

Relationships, Sexual Health and Parenthood

This term as part of the Health and Wellbeing curriculum we will be focusing on relationships, sexual health and parenthood. I wanted to outline what I intend to cover between now and the end of term. I have attached the full documents that we will be following. As always any questions regarding any of the content please do not hesitate to get in touch.

Some of the content has already been covered throughout the year as it comes up naturally through child interest, play, links to other topics such as celebrations and general discussions. These are topic areas that have already been covered- some will be looked at again this term in more detail.

Early Level (Primary 1)

- **Our families/people who help and look after me**

I know that there are people in our lives who care for and look after us and I am aware that people may be cared for by parents, carers or other adults. HWB 0-45a

- **Friends and friendship: Helping others**

I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships. HWB 0-44a

I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to. HWB 0-44b

I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication. HWB 0-45b

- **Playing together/Being Kind**

I recognise that each individual has a unique blend of abilities and needs. I contribute to making my school community one which values individuals equally and is a welcoming place for all. HWB 0-10a

I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support. HWB 0-08a

- **Personal Space and Privacy**

I am learning what I can do to look after my body and who can help me. HWB 0-48a

I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication HWB 0-45b

- **Unique, Similar and Different-**

I recognise that we have similarities and differences but are all unique. HWB 0-47a I recognise that each individual has a unique blend of abilities and needs. I contribute to making my school community one which values individuals equally and is a welcoming place for all. HWB 0-10a

First Level (Primary 2)

- **Friends and friendship/Kindness and Empathy/ When friends fall out**

I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships. HWB 1-44a

I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to. HWB 1-44

<https://www.youtube.com/watch?v=ReMq3KX8F94>

We haven't watched this video yet but it is something but I have included it as we may watch it between now and the end of term.

- **People who help and look after me**

I know that there are people in our lives who care for and look after us and I am aware that people may be cared for by parents, carers or other adults. HWB 1- 45a

- **Feelings and Safety**

I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships. HWB 1-44a

I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to. HWB 1-44

I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and nonverbal communication. HWB 1-45b

<https://www.bbc.co.uk/cbeebies/watch/feeling-better-songs-playlist#playlist>

<https://www.youtube.com/watch?v=UsISd1AMNYU>

<https://www.youtube.com/watch?v=KyTqFe55bwg>

We haven't watched these videos yet but could do this term.

The topics that we will be covering for the first time are listed below. Each has the experience and outcome taken from the Curriculum for Excellence. I have also included the key vocabulary that will be used in these lessons. I have attached the links for any videos that might be shown.

Early and first level will be taught together where appropriate and completely separate where topics and outcomes differ.

Early level (P1)

- **My body-**

I recognise that we have similarities and differences but are all unique. HWB 0-47a

I am aware of my growing body and I am learning the correct names for its different parts and how they work. HWB 0-47b

I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health. HWB 0-15a

https://www.youtube.com/watch?v=Pbl4BNkAq_U

Vocabulary that will be used:

Adult • Arm • Body • Bottom • Boy • Child/children • Different • Ears • Eyes • Girl • Grow • Hand • Head • Knee • Leg • Mouth • Nipples • Nose • Penis • Same • Scrotum • Similar • Testicles • Toes • Unique • Urinate (going to the toilet) • Vulva

- **My body belongs to me-**

I am learning what I can do to look after my body and who can help me. HWB 0- 48a

I am learning about respect for my body and what behaviour is right and wrong. I know who I should talk to if I am worried about this. HWB 0-49a

<https://www.youtube.com/watch?v=zAALZxa6NCw>

- **Asking questions/Making choices/ Saying Yes Saying No/ Early Consent Messages**

I am aware of and able to express my feelings and am developing the ability to talk about them. HWB 0-01a

- **When I feel sad or upset**

I am learning about respect for my body and what behaviour is right and wrong. I know who I should talk to if I am worried about this. HWB 0-49a

I know that there are people in our lives who care for and look after us and I am aware that people may be cared for by parents, carers or other adults. HWB 0- 45a

<https://www.bbc.co.uk/cbeebies/watch/feeling-better-songs-playlist#playlist>

- **Looking after plants and animals**

I am learning about where living things come from and about how they grow, develop and are nurtured. HWB 0-50a

<https://www.bbc.co.uk/bitesize/topics/z6882hv/articles/ztckqt>

This will be closely linked to our farming and gardening topic this term.

First Level (P2)

- **Name parts of the body**

I am aware of my growing body and I am learning the correct names for its different parts and how they work. HWB1-47b

Vocabulary:

- bottom scrotum/testicles
- nipples vulva
- penis

- **My body belongs to me**

I am learning what I can do to look after my body and who can help me. HWB1-48a

I am learning about respect for my body and what behaviour is right and wrong. I know who I should talk to if I am worried about this. HWB 1-49a

I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication. HWB 1-45b

- **Private and PANTS rule**

I am learning what I can do to look after my body and who can help me. HWB1-48a

I am learning about respect for my body and what behaviour is right and wrong. I know who I should talk to if I am worried about this. HWB 1-49a

I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication. HWB 1-45b

<https://www.youtube.com/watch?v=a-5mdt9YN6I>

- **Looking after plants and animals/Life Cycles**

I am learning about where living things come from and about how they grow, develop and are nurtured. HWB 1-50a

<https://www.bbc.co.uk/bitesize/topics/zy66fg8/articles/zcmtk2p>

<https://www.bbc.co.uk/programmes/p01191xb>

This will be closely linked to our farming and gardening topic this term.

- **Keeping Clean**

I am aware of my growing body and I am learning the correct names for its different parts and how they work. HWB1-47b

I am learning what I can do to look after my body and who can help me. HWB1-48a

<https://www.youtube.com/watch?v=jQ2e0KH5Wrl>

- **My family/All our families are different**

I know that there are people in our lives who care for and look after us and I am aware that people may be cared for by parents, carers or other adults. HWB 1- 45a

<https://www.youtube.com/watch?v=ZcpZKXPnbZs>

https://www.youtube.com/watch?v=ii_LtHrEiao

- **Similarity, diversity and respect**

I recognise that we have similarities and differences but are all unique. HWB1-47a

<https://www.youtube.com/watch?v=St6t1WvbysU>

<https://attitudelive.com/player-page/kids-with-disabilities-luke/>

<https://attitudelive.com/player-page/kids-with-disabilities-winnie/>

<https://researchautism.org/educators/kit-for-kids/>