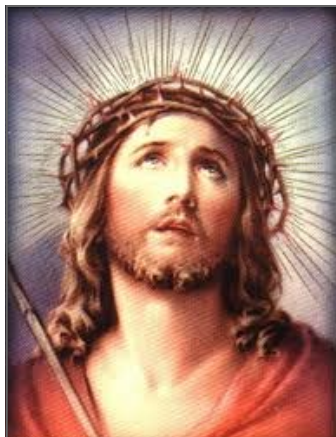


Healthy Living

Nutrition



Hygiene



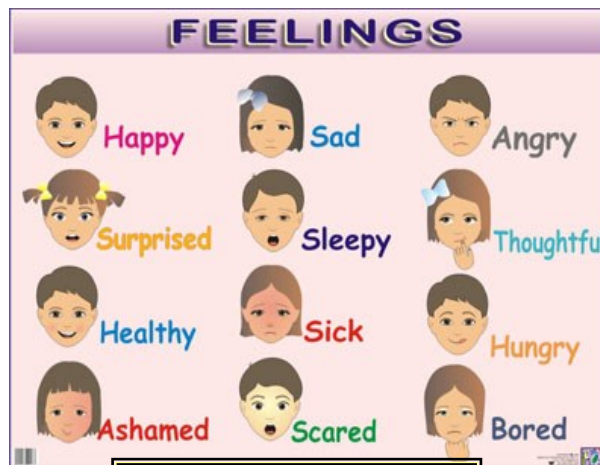
RE— Teaching Christian Values and other world religions



Internet safety and influence of the media



Science— my body changes



Emotional wellbeing

Curriculum for Excellence
Relationships, Sexual
Health and Parenthood
Parent Information
Leaflet
PRIMARY 6



**WOODSIDE
PRIMARY
SCHOOL**



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RELATIONSHIPS, SEXUAL HEALTH AND PARENTHOOD

LEARNERS DEVELOP AN UNDERSTANDING OF HOW TO MAINTAIN POSITIVE RELATIONSHIPS WITH A VARIETY OF PEOPLE AND ARE AWARE OF HOW THOUGHTS, FEELINGS, ATTITUDES, VALUES AND BELIEFS CAN INFLUENCE DECISIONS ABOUT RELATIONSHIPS, AND SEXUAL HEALTH.

(CURRICULUM FOR EXCELLENCE HEALTH AND WELLBEING)



SECOND LEVEL EXPERIENCES AND OUTCOMES (P6)

I understand that a wide range of different kinds of friendships and relationships exist.

I am aware that positive friendships and relationships can promote health and the health and wellbeing of others.

I am identifying and practising skills to manage changing relationships and I understand the positive impact this can have on my emotional wellbeing.

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

I recognise that how my body changes can affect how I feel about myself and how I may behave.

I can describe the physical and emotional changes during puberty, understand why they are taking place and the importance of personal hygiene.

I know that all forms of abuse are wrong and I am developing the skills to keep myself safe and get help if I need it.

I am able to describe how human life begins and how a baby is born.

I can describe the role of a parent/carer and the skills, commitment and qualities the role requires.

WHAT WILL THE CHILDREN LEARN IN PRIMARY 6?

(In line with Education Scotland Health & Well-being benchmarks)

How friendships and relationships develop and change.

Roles and responsibilities of families and self.

Emotional wellbeing.

Where to get help.

Gender stereotypes.

Puberty and its emotional and physical changes and role of hormones.

Correct term for all private parts. E.g. breasts, testicles.

Menstruation

Puberty change in males including erection and wet dreams.

I can explain what is meant by 'consent'. E.g. personal space, physical touch.

Self esteem and how to feel good about self.

Hygiene

Expressing and dealing with emotions.

Facts surrounding processes of reproduction, pregnancy and birth.

Needs of babies before and after birth.

Why good health during pregnancy is important to the baby.