

Woodside Primary School

RSHP Planners

Second Level

P7

Experiences and Outcomes		Benchmarks Suggested Online Resources	Learning Intentions / Success Criteria
Relationships , sexual health and parenthood	I understand that a wide range of different kinds of friendships and relationships exists. HWB 2-44a	<ul style="list-style-type: none"> Identifies different kinds of friendships and relationships. 	<ul style="list-style-type: none"> I can recognise that friendships can be built and maintained in my immediate social environments and online. <ul style="list-style-type: none"> I know that positive peer relationships are good for my health and wellbeing and that of others. I can give examples of skills and behaviours that enhance friendships and peer relationships. I can talk about what I want from friendships and what kind of friend I can be. I can explain the benefits of friendships and as well as the challenges that come up in maintaining relationships. I give examples of things I can do to make and maintain friendships. I understand that I do not need to be best friends with everyone, but I can be friendly and kind.
	I am identifying and practising skills to manage changing relationships and I understand the positive impact this can have on my emotional wellbeing. HWB 2-45a	<ul style="list-style-type: none"> Identifies the skills required to manage changing relationships, for example tolerance, empathy, loyalty, kindness, resilience, mutual trust and respect. Explains the impact of positive relationships on emotional wellbeing. <p>https://rshp.scot/wp-content/uploads/2019/07/Part-3.-Online-Offline-Friends-Activity-plan-1.pdf</p> <p>https://rshp.scot/wp-content/uploads/2019/07/Part-3.-Online-offline-Friends-Slides.pptx</p> <p>https://www.thinkuknow.co.uk/8_10/stay-safe/</p>	
	I recognise that how my body changes can affect how I feel about myself and how I may behave. HWB 2-47a	<p>https://rshp.scot/wp-content/uploads/2019/07/Part-3.-Being-transgender-Activity-plan.pdf</p> <p>https://rshp.scot/wp-content/uploads/2019/07/Part-3.-Being-transgender-Slides.pptx</p> <p>http://www.howtobeagirlpodcast.com/videos</p>	<ul style="list-style-type: none"> I understand that how I look, how I behave, or my aspirations should not be limited by stereotypes, my sex or expectations of what boys and girls should do. I can give examples of, and can challenge, stereotypes. I show respect for others. I understand and accept diversity amongst my peers
	I can describe the physical and emotional	<ul style="list-style-type: none"> Identifies positive things about own body image and appearance. 	<ul style="list-style-type: none"> I can explain how positive relationships enhance emotional wellbeing. <ul style="list-style-type: none"> I am learning help-seeking behaviours. I can communicate my feelings.

<p>Sexual health and sexuality</p>	<p>changes during puberty, understand why they are taking place and the importance of personal hygiene. HWB 2-48a</p>	<ul style="list-style-type: none"> Identifies strategies to manage emotions, for example, relaxation techniques, speaking to someone, taking time out. <p>https://rshp.scot/wp-content/uploads/2019/08/Part-2.-My-Body-Activity-plan.pdf</p> <p>https://rshp.scot/wp-content/uploads/2020/06/Emotional-Wellbeing-Part-2.-My-Body-Slides-June-2020.pptx</p> <p>https://www.youtube.com/watch?v=Fcy_VQZG5Dg&feature=youtu.be</p> <p>https://www.youtube.com/watch?v=v7zUHOEYIN8&feature=youtu.be</p> <p>https://rshp.scot/wp-content/uploads/2019/08/Part-4.-Personal-Hygiene-Activity-plan.pdf</p> <p>https://rshp.scot/wp-content/uploads/2020/06/My-body-Part-4-Personal-Hygiene-June-2020.pptx</p> <p>https://www.youtube.com/watch?v=4SRXvGHKA-k&feature=youtu.be</p>	<ul style="list-style-type: none"> I can talk about positive things about me. I recognise when I have positive emotions, and when I feel sad or worried. I can reflect on my relationships with others and how they impact on my emotional wellbeing. I know who or where I can go to for support or if I have a worry or a question
<p>Role of parent/carer</p>	<p>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.</p>	<ul style="list-style-type: none"> Identifies abusive and bullying behaviour, for example, on-line, face to face and knows where to go for help. Explains own rights and responsibilities in relation to abuse. Describes the concept of consent. 	<p>I can describe what consent means to me.</p> <ul style="list-style-type: none"> I know that I, and others, can use words, body language and facial expression to communicate what they like and don't like. I explain the idea of personal space. I can explain that my body is my body. I can name an adult / adults I go to if I have a worry.

	<p>HWB 2-49a</p> <p>I am able to describe how human life begins and how a baby is born.</p> <p>HWB 2-50a</p> <p>I can describe the role of a parent / carer and the skills, commitment and qualities the role requires.</p> <p>HWB 2-51a</p>	<p>https://rshp.scot/wp-content/uploads/2019/10/Part-1.-What-is-consent-Activity-plan.pdf</p> <p>https://rshp.scot/wp-content/uploads/2019/08/Part-1.-Consent-Slides.pptx</p> <p>https://www.youtube.com/watch?v=h3nhM9UIJjc https://www.youtube.com/watch?v=1wOqcU79Rh8</p> <ul style="list-style-type: none"> • Describes human conception and birth, for example, sexual intercourse, egg and sperm, giving birth. • Describes some symptoms of pregnancy <p>See powerpoint for Primary 7 see letter home</p> <ul style="list-style-type: none"> • Describes skills and qualities required to be a parent / carer, for example, commitment, love, patience, sense of humour. <p>https://rshp.scot/wp-content/uploads/2019/07/Part-2.-If-I-were-a-parent-or-carer-Activity-plan.pdf</p> <p>https://rshp.scot/wp-content/uploads/2020/06/Being-a-parent-Part-2.-If-I-were-a-parent-or-carer-Slides-June-2020.pptx</p>	<ul style="list-style-type: none"> • I know that all families are different. • Children understand and explain the role and qualities of a parent/carers. Success • I can talk about what a parent/carers does to make sure their child is healthy, happy and safe. <ul style="list-style-type: none"> • I can describe the diversity we find in family life. • I can discuss some of the challenges of being a parent/carers. • I talk about the kind of parent or carer I would be.
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