

**Woodside Primary School**

**RSHP Planners**

**Second Level**

**P5**

Experiences and Outcomes		Benchmarks Suggested Online Resources	Learning Intentions / Success Criteria
<p><b>Relationships, sexual health and parenthood</b></p>	<p>I understand that a wide range of different kinds of friendships and relationships exists.</p> <p><b>HWB 2-44a</b></p>	<p>Identifies different kinds of friendships and relationships.</p> <p>Diversity – identifies the importance of respecting others and celebrating individuality.</p> <p>Understanding and developing awareness of the impact of stereotypes, equality and gender equality</p> <p>Understanding changing relationships , identify skills required to manage, cope for example tolerance, empathy, loyalty, kindness, resilience</p> <p>Develop an awareness of the impact of bullying on emotional wellbeing</p> <p><a href="https://rshp.scot/wp-content/uploads/2019/07/Part-1.-Stereotypes-and-Equality-Activity-plan.pdf">https://rshp.scot/wp-content/uploads/2019/07/Part-1.-Stereotypes-and-Equality-Activity-plan.pdf</a></p> <p><a href="https://rshp.scot/wp-content/uploads/2019/07/Part-1.-Stereotypes-and-Equality-Slides.pptx">https://rshp.scot/wp-content/uploads/2019/07/Part-1.-Stereotypes-and-Equality-Slides.pptx</a></p> <p><a href="https://rshp.scot/wp-content/uploads/2020/06/Protecting-me-Part-3.-Bullying-Slides-June-2020.pptx">https://rshp.scot/wp-content/uploads/2020/06/Protecting-me-Part-3.-Bullying-Slides-June-2020.pptx</a></p> <p><a href="https://rshp.scot/wp-content/uploads/2019/07/Part-1.-What-is-love-Activity-plan.pdf">https://rshp.scot/wp-content/uploads/2019/07/Part-1.-What-is-love-Activity-plan.pdf</a></p> <p><a href="https://rshp.scot/wp-content/uploads/2019/07/Part-1.-What-is-love-Slides.pptx">https://rshp.scot/wp-content/uploads/2019/07/Part-1.-What-is-love-Slides.pptx</a></p> <p><a href="https://rshp.scot/wp-content/uploads/2019/08/Part-2.-Being-attracted-to-someone-Activity-plan.pdf">https://rshp.scot/wp-content/uploads/2019/08/Part-2.-Being-attracted-to-someone-Activity-plan.pdf</a></p> <p><a href="https://rshp.scot/wp-content/uploads/2019/07/Part-2.-Being-attracted-to-someone-Slides.pptx">https://rshp.scot/wp-content/uploads/2019/07/Part-2.-Being-attracted-to-someone-Slides.pptx</a></p> <p><a href="https://vimeo.com/227690432">https://vimeo.com/227690432</a></p>	<p><b>Children understand that different kinds of friendships and relationships exist; and that positive relationships have a positive impact on wellbeing.</b></p> <ul style="list-style-type: none"> <li>• Children understand the importance of being cared for and caring for others in personal and loving relationships. • Children respect and value friendships with children of the opposite sex.</li> <li>• Children acknowledge pressures on them to be in boyfriend/girlfriend relationships.</li> <li>• I can talk about the importance of being cared for, caring for others, caring for myself and what love means</li> </ul>
	<p><b>Physical changes</b></p>		

<p><b>Sexual health and sexuality</b></p>	<p>I am identifying and practising skills to manage changing relationships and I understand the positive impact this can have on my emotional wellbeing. <b>HWB 2-45a</b></p>	<p>Identifies the skills required to manage changing relationships, for example tolerance, empathy, loyalty, kindness, resilience, mutual trust and respect.</p> <p>Explains the impact of positive relationships on emotional wellbeing.</p> <p><a href="https://rshp.scot/wp-content/uploads/2019/08/My-senses-Activity-plan.pdf">https://rshp.scot/wp-content/uploads/2019/08/My-senses-Activity-plan.pdf</a></p> <p><a href="https://rshp.scot/wp-content/uploads/2019/07/My-senses-Slides.pptx">https://rshp.scot/wp-content/uploads/2019/07/My-senses-Slides.pptx</a></p>	
<p><b>Role of parent/carer</b></p>	<p>I recognise that how my body changes can affect how I feel about myself and how I may behave. <b>HWB 2-47a</b></p> <p>I can describe the physical and emotional changes, understand why they are taking place and the importance of personal hygiene. <b>HWB 2-48a</b></p>	<p>Uses correct terminology for all private body parts and reproductive organs, for example, breasts, nipples, vulva testicles, scrotum</p> <p><b>SEE HT Primary 5 powerpoint</b></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> <p><b>HWB 2-49a</b></p>	<p>Describes that there will be physical and emotional changes during puberty ie hormones, mood swings.</p> <p><a href="https://rshp.scot/wp-content/uploads/2019/08/Part-3.-Feelings-and-Puberty-Activity-plan.pdf">https://rshp.scot/wp-content/uploads/2019/08/Part-3.-Feelings-and-Puberty-Activity-plan.pdf</a></p> <p><a href="https://rshp.scot/wp-content/uploads/2020/06/My-Body-Part-3.-Feelings-and-Puberty-JUNE-2020.pptx">https://rshp.scot/wp-content/uploads/2020/06/My-Body-Part-3.-Feelings-and-Puberty-JUNE-2020.pptx</a></p> <p><a href="https://rshp.scot/wp-content/uploads/2019/08/Part-4.-Personal-Hygiene-Activity-plan.pdf">https://rshp.scot/wp-content/uploads/2019/08/Part-4.-Personal-Hygiene-Activity-plan.pdf</a></p> <p><a href="https://rshp.scot/wp-content/uploads/2020/06/My-body-Part-4-Personal-Hygiene-June-2020.pptx">https://rshp.scot/wp-content/uploads/2020/06/My-body-Part-4-Personal-Hygiene-June-2020.pptx</a></p> <p>Describe the concept of consent and describes and identifies abusive and bullying behaviour, for example, on-line, face to face and knows where to go for help.</p> <ul style="list-style-type: none"> <li>• Explains own rights and responsibilities in relation to abuse.</li> <li>• Describes the concept of consent.</li> </ul> <p>Identifies abusive and bullying behaviour, for example, on-line, face to face and knows where to go for help.</p> <ul style="list-style-type: none"> <li>• Explains own rights and responsibilities in relation to abuse.</li> <li>• Describes the concept of consent.</li> </ul> <p><a href="https://rshp.scot/wp-content/uploads/2019/09/Part-1.-When-I-feel-safe-feel-unsafe-Activity-plan.pdf">https://rshp.scot/wp-content/uploads/2019/09/Part-1.-When-I-feel-safe-feel-unsafe-Activity-plan.pdf</a></p>	<ul style="list-style-type: none"> <li>• I can name parts of my body.</li> <li>• I can talk about the different parts of my body and what they do.</li> <li>• I can describe the changes that take place with puberty</li> </ul> <ul style="list-style-type: none"> <li>• I know that all types of abuse are wrong.</li> <li>• I build confidence in my own feelings and judgements about what feels safe/unsafe or okay/not okay for me.</li> <li>• I can identify trusted adults who can help when I have a worry or a question.</li> </ul>
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