### **Children's Learning will include**

- ✓ Good relationships
- ✔ How to make and maintain friendships
- ✓ Different types of relationships
- ✓ Non-verbal com-munication
- Health and wellbeing
- ✔ Facial expression
- ✓ Body language
- ✓ Definition of abuse
- ✓ Different forms of abuse
- Strategies to say 'no'
- ✓ How to seek help
- Physical and emotional changes during puberty
- ✓ Puberty
- ✓ The correct terminology for parts of the body
- Changes which occur during puberty
- ✓ Menstruation
- Pregnancy and birth
- ✓ The process of sexual intercourse
- Fer-tilisation sperm and egg
- Conception
- Birth and labour
- Emotional wellbeing
- Loss grief and related emotions
- ✓ The role of a parent
- Love, teach and nurture
- Recognise that being a parent can be difficult at times

If you require further information or wish to discuss please contact your school.

This information is made available in large print or in

an alternative format that meets your needs.	
Chinese	欲知詳情,請致電:01382435825
Russian	Более подробную информацию можно 01382 435825 получить позвонив по телефону:
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Curriculum for Excellence

# Relationships, Sexual Health and Parenthood

## Parent Information PRIMARY 7









## Relationships, Sexual Health and Parenthood

#### **Curriculum for Excellence**

The Experiences and Outcomes (Es & Os) as contained in a Curriculum for Excellence reflect a holistic approach to promoting the health and wellbeing of all young people.

The Relationships, Sexual Health and Parenthood (RSHP) strand is no different. To ensure that all learners receive relevant, enjoyable and active learning experiences the Es & Os are designed to encourage links with all other areas of the curriculum and many are written to span a number of stages. Therefore the Es and Os will be revisited regularly through a wide range of relevant and realistic learning experiences to ensure every young person is progressing.

Learning will also take account of the stage of growth, development and maturity of each young person and the social and community context they live in.



### Second Level Experiences and Outcomes

## Young peoples learning in RSHP will cover the following experience and outcomes:

- 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 chang-ing 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 appropri-ately 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.

