

P6 and 7 Sexual Health Programme

The Sexual Health programme from P1 to P5 develops areas of feelings, relationships, caring, respect, self awareness and personal safety, leading to P6 & P7 where the more sensitive issues regarding sex and sexuality begin to be taught, explored and discussed. Staff follow the Sexual Health programme to implement and develop lessons on Sexual Health to Primary 6 and 7 pupils. Parents are informed of our Sexual Health programme as well as other health and wellbeing issues at a Health Information event at the June Parents Night. As with all education, Sexual Health Education is always more effective with parental support. We encourage parents to discuss the lesson content with children at home as it occurs in class and help with any homework which is given. The school and parent partnership enhances and enriches our Sexual Health work.

Below is a brief outline of the sexual health areas covered in Primary 6 and Primary 7.

Primary 6 Sexual Health sessions:

- Lesson 1 - Exploring the family
- Lesson 2 - Starting School
- Lesson 3 - Puberty – What is it?
- Lesson 4 - Puberty Menstruation

Primary 7 Sexual Health sessions:

These lessons follow on from lessons taught in P6 as outlined above.

Lesson 5 •

Looking at the theme of responsibility.

- Responsibility for the body (focusing particularly on hygiene).
- Responsibility for behaviour (looking at peer pressure and the decision making process).

Lesson 6

- Explaining relationships, including marriage.
- Human reproduction (conception, pregnancy and birth) – a simple explanation.



Bankhead Primary School

Relationships, Sexual Health and Parenthood Education



Bankhead Primary School strives to develop the physical, emotional, mental and social wellbeing of all pupils. The school ethos, high quality teaching and learning experiences, policies and extra curricular activities promote healthy lifestyles for all. We believe that good relationships between parents/carers and the school are essential in meeting the health and wellbeing needs of all pupils. The delivery of relationships, sexual health and parenthood is a key component of the health and wellbeing curriculum. We ensure that learners understand how to develop positive relationships with a variety of people and are aware of how thoughts, feelings, attitudes, values and beliefs can influence decisions, relationships and sexual health.

Pupil Progression of Learning and Experiences

Key areas for Early and First Level (Nursery to P4):

- I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships.
- I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to.
- I know 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 others.
- 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 we have similarities and differences but are all unique.
- I am aware of my growing body and I am learning the correct names for its different parts and how they work.
- I am learning how to look after my body and who can help me.
- 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.
- I am learning about where living things come from and about how they grow, develop and are nurtured.
- I am able to show an awareness of the tasks required to look after a baby.

Second Level (Primary 5 – Primary 7)

Key areas explored:

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