

# Relationships, Sexual Health and Parenthood

## EARLY LEVEL PLANNER

### Primary 1

Suggested order and online resources from <https://rshp.scot/>



		I can statements
1. <b>My body</b>	<ul style="list-style-type: none"> <li>- Physical Changes</li> <li>- Sexuality and Sexual Health</li> </ul>	<ul style="list-style-type: none"> <li>• I know my body changes as I grow.</li> <li>• I know that external body parts have names.</li> <li>• I am beginning to know that some parts of my body are private.</li> <li>• I understand that there are differences between boys and girls.</li> <li>• I know why keeping clean is important and how to take responsibility for some of this.</li> </ul>
2. <b>My body belongs to me</b>	<ul style="list-style-type: none"> <li>- Physical Changes</li> </ul>	<ul style="list-style-type: none"> <li>• I understand that my body is mine.</li> <li>• I understand about personal space.</li> <li>• I am beginning to understand what private means.</li> <li>• I am beginning to know that some parts of my body are private.</li> <li>• I am beginning to understand about respect for my body.</li> <li>• I am beginning to understand about touching and what is appropriate and what isn't.</li> <li>• I am learning how to react if I feel uncomfortable with someone.</li> <li>• I know who can help me and keep me safe and who I can talk to if I am worried.</li> <li>• I am learning how to communicate effectively.</li> </ul>
3. <b>Unique, similar and different</b>	<ul style="list-style-type: none"> <li>- Positive Relationships</li> </ul>	<ul style="list-style-type: none"> <li>• I understand that everybody has different special qualities.</li> <li>• I know that there are parts of our body that are the same as others and parts that are different such as colour of hair, eyes, skin, height, size and weight.</li> <li>• I know that all of us have differences which make us unique.</li> </ul>
4. <b>Personal Space and Privacy</b>	<ul style="list-style-type: none"> <li>- Physical Changes and Positive Relationships</li> </ul>	<ul style="list-style-type: none"> <li>• I understand that my body is mine.</li> <li>• I understand about personal space.</li> </ul>

		<ul style="list-style-type: none"> <li>• I am beginning to understand about appropriate closeness and touch with different people.</li> <li>• I am beginning to understand what private means and when privacy is necessary.</li> <li>• I am learning how to react if I feel uncomfortable with someone.</li> </ul>
5. <b>When I feel sad or upset</b>	<ul style="list-style-type: none"> <li>- Positive Relationships</li> <li>- Role of the Parent/Carer</li> </ul>	<ul style="list-style-type: none"> <li>• I know that I have a right to be cared for in certain ways and why this is important.</li> <li>• I am beginning to understand that my body and mind both need to be looked after.</li> <li>• I know who can help me and keep me safe and who I can talk to if I am worried.</li> <li>• I am learning how to communicate effectively.</li> </ul>
6. <b>Looking After Plants and Animals</b>	<ul style="list-style-type: none"> <li>- Role of the Parent/Carer</li> <li>- Sexuality and Sexual Health</li> </ul>	<ul style="list-style-type: none"> <li>• I know what a living thing is and what it needs such as food, growth.</li> <li>• I understand that different living things have different needs.</li> <li>• I understand and can name the life cycles of some plants and animals.</li> <li>• I am beginning to learn what is the same and what is different about life cycles.</li> <li>• I understand that some animals rely on a parent/carer for food.</li> <li>• I am beginning to relate some of this learning to myself and can discuss</li> </ul>
7. <b>Pregnancy and Looking After a Baby</b>	<ul style="list-style-type: none"> <li>- Role of the Parent/Carer</li> <li>- Sexuality and Sexual Health</li> </ul>	<ul style="list-style-type: none"> <li>• I understand that all humans are part of a life cycle with different stages.</li> <li>• I know, understand and can discuss some of a baby's basic needs such as feeding, changing, washing, cuddling and sleeping.</li> <li>• I can demonstrate some basic skills needed to look after a baby.</li> </ul>