

Relationships, Sexual Health and Parenthood



SECOND LEVEL PLANNER

Primary 5

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

• Primary 5 – To begin		I can statements
1. My body	<ul style="list-style-type: none"> - Physical Changes - Sexuality and Sexual Health 	<ul style="list-style-type: none"> • I can name parts of my body. • I can talk about the different parts of my body and what they do. • I can describe the changes that take place with puberty. • I understand how to maintain personal hygiene. • I can talk about my growing independence. • I can talk about things I can do when I am upset. • I can identify an adult to speak to if I am upset.
2. Friends and friendship	<ul style="list-style-type: none"> - Positive Relationships 	<ul style="list-style-type: none"> • 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.
3. A fair and equal life for girls and boys	<ul style="list-style-type: none"> - Positive Relationships 	<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.
4. My senses: Things I like, things I don't like	<ul style="list-style-type: none"> - Physical Changes 	<ul style="list-style-type: none"> • I can identify and communicate about what I like and don't like. • 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.

		<ul style="list-style-type: none"> • I understand that other people might not like what I like, or dislike what I dislike.
5. Menstruation	<ul style="list-style-type: none"> - Sexuality and Sexual Health - Physical Changes 	<ul style="list-style-type: none"> • I can name parts of my body. • I can talk about the different parts of my body and what they do. • I can describe the changes that take place with puberty. • I understand how to maintain personal hygiene.
6. Protecting me/Abuse and relationships	<ul style="list-style-type: none"> - Physical Changes - Positive Relationships 	<ul style="list-style-type: none"> ▪ I can identify the different types of abuse a child can experience. ▪ I know that all types of abuse are wrong. ▪ I build confidence in my own feelings and judgements about what feels safe/unsafe or okay/not okay for me. ▪ I can identify trusted adults who can help when I have a worry or a question.