

Relationships, Sexual Health and Parenthood

SECOND LEVEL PLANNER

Primary 6



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

Primary 6 – Progression 1		I can statements
1. Emotional wellbeing and Body image	- Physical Changes	<ul style="list-style-type: none"> • I can communicate my feelings. • I can talk about positive things about me • I recognise when I have positive emotions, and when I feel sad or worried. • I can reflect on my relationships with others and how they impact on my emotional wellbeing. • I know who or where I can go to for support or if I have a worry or a question.
2. Love and relationships	- Positive Relationships	<ul style="list-style-type: none"> • I can talk about friendships and relationships. • I can talk about the importance of being cared for, caring for others, caring for myself and what love means. • I know I can have friendships with children of the opposite sex. • I can name an adult/adults I go to if I have a worry
3. Social media/popular culture	- Physical Changes	<ul style="list-style-type: none"> • I can discuss what I do online. • I understand that my online activity requires me to have strategies for safe use. • I can identify an adult/adults I trust and who can help when I have a worry.
4. How human life begins, pregnancy and birth	- Sexuality and Sexual Health	<ul style="list-style-type: none"> • I can explain how human life begins, what pregnancy is and how a baby is born.
5. Being a parent or carer	- Role of the Parent/ Carer	<ul style="list-style-type: none"> • I can talk about what a parent/carer does to make sure their child is healthy, happy and safe. • I can describe the diversity we find in family life. • I can discuss some of the challenges of being a parent/carer. • I talk about the kind of parent or carer I would be.

6. Consent	- Sexuality and Sexual Health	<ul style="list-style-type: none">• I can describe what consent means to me.• 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.• I can explain that my body is my body.• I can name an adult / adults I go to if I have a worry.
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