

# Relationships, Sexual Health and Parenthood

## SECOND LEVEL

This shows the topics, health and wellbeing Es and Os and Benchmarks which will be covered by the end of First Level.

Learning at this Level is likely to be for children in P5, P6 and P7, but it can be earlier or later for some.

Topics will be taught using the online resources from <https://rshp.scot/second-level/>

	<b>Experiences and Outcomes</b>	<b>Benchmarks</b>
<b>Physical changes</b>	<p>I recognise that how my body changes can affect how I feel about myself and how I may behave. HWB 2-47a</p> <p>I can describe the physical and emotional changes during puberty, understand why they are taking place and the importance of personal hygiene. HWB 2-48a</p>	<ul style="list-style-type: none"> <li>Identifies positive things about own body image and appearance.</li> <li>Identifies strategies to manage emotions, for example, relaxation techniques, speaking to someone, taking time out. Uses correct terminology for all private body parts and reproductive organs, for example, breasts, clitoris.</li> <li>Describes the physical and emotional changes during puberty including erections, wet dreams, pubic hair, masturbation, menstruation, hormones, mood swings.</li> <li>Demonstrates an understanding of diversity in sexuality and gender identity.</li> <li>Describes ways of keeping hygienic during puberty.</li> </ul>
<b>Sexual health and sexuality</b>	<p>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. HWB 2-49a</p> <p>I am able to describe how human life begins and how a baby is born. HWB 2-50a</p>	<ul style="list-style-type: none"> <li>Identifies abusive and bullying behaviour, for example, on-line, face to face and knows where to go for help.</li> <li>Explains own rights and responsibilities in relation to abuse.</li> <li>Describes the concept of consent.</li> <li>Describes human conception and birth, for example, sexual intercourse, egg and sperm, giving birth.</li> <li>Gives reasons why contraception may be used, for example, to prevent pregnancy and infection.</li> <li>Describes some symptoms of pregnancy.</li> </ul>
<b>Positive Relationships</b>	<p>I understand that a wide range of different kinds of friendships and relationships exists. HWB 2-44a</p>	<ul style="list-style-type: none"> <li>Identifies different kinds of friendships and relationships.</li> <li>Identifies the skills required to manage changing relationships, for example, tolerance, empathy, loyalty,</li> </ul>

	<p>I am aware that positive friendships and relationships can promote health and the health and wellbeing of others. HWB 2-44b</p> <p>I am identifying and practising skills to manage changing relationships and I understand the positive impact this can have on my emotional wellbeing. HWB 2-45a</p> <p>I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication. HWB 2-45b</p>	<p>kindness, resilience, mutual trust and respect.</p> <ul style="list-style-type: none"> <li>• Explains the impact of positive relationships on emotional wellbeing.</li> </ul>
<p><b>Role of parent or carer</b></p>	<p>I can describe the role of a parent / carer and the skills, commitment and qualities the role requires. HWB 2-51a</p>	<ul style="list-style-type: none"> <li>• Describes skills and qualities required to be a parent / carer, for example, commitment, love, patience, sense of humour.</li> </ul>

Sensible  
 Mature  
 Ambitious  
 Respectful  
 Trustworthy  
 Eco-Friendly  
 Responsible

**SMARTER**

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## SECOND LEVEL PLANNER

### Primary 5

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

• Primary 5 – To begin		Comments/ Evaluation
1. <b>My body</b>	<ul style="list-style-type: none"> <li>• Physical Changes</li> <li>• Sexuality and Sexual Health</li> </ul>	
2. <b>Friends and friendship</b>	<ul style="list-style-type: none"> <li>• Positive Relationships</li> </ul>	
3. <b>A fair and equal life for girls and boys</b>	<ul style="list-style-type: none"> <li>• Positive Relationships</li> </ul>	
4. <b>My senses: Things I like, things I don't like</b>	<ul style="list-style-type: none"> <li>• Physical Changes</li> </ul>	
5. <b>Menstruation</b>	<ul style="list-style-type: none"> <li>• Sexuality and Sexual Health</li> <li>• Physical Changes</li> </ul>	
6. <b>Protecting me/Abuse and relationships</b>	<ul style="list-style-type: none"> <li>• Physical Changes</li> <li>• Positive Relationships</li> </ul>	



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## SECOND LEVEL PLANNER

### Primary 6

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

Primary 6 – Progression 1		Comments/ Evaluation
1. Emotional wellbeing and Body image	<ul style="list-style-type: none"> <li>Physical Changes</li> </ul>	
2. Love and relationships	<ul style="list-style-type: none"> <li>Positive Relationships</li> </ul>	
3. Social media/popular culture	<ul style="list-style-type: none"> <li>Physical Changes</li> </ul>	
4. How human life begins, pregnancy and birth	<ul style="list-style-type: none"> <li>Sexuality and Sexual Health</li> </ul>	
5. Being a parent or carer	<ul style="list-style-type: none"> <li>Role of the Parent/ Carer</li> </ul>	
6. Consent	<ul style="list-style-type: none"> <li>Sexuality and Sexual Health</li> </ul>	



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### Primary 7

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

Primary 7 – Progression 2		Comments/ Evaluation
1. <b>Understanding Human Sexuality</b>	<ul style="list-style-type: none"> <li>• Sexuality and Sexual Health</li> <li>• Physical Changes</li> </ul>	
2. <b>Sex: How people have sex/what do they do?</b>	<ul style="list-style-type: none"> <li>• Sexuality and Sexual Health</li> </ul>	
3. <b>How adults plan and prevent a pregnancy: contraception and condoms</b>	<ul style="list-style-type: none"> <li>• Sexuality and Sexual Health</li> </ul>	