

Relationships, Sexual Health and Parenthood

FIRST LEVEL PLANNER

Primary 3

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



Primary 3 – Progression 1		I can statements
1. Privacy	- Physical Changes	<ul style="list-style-type: none"> • I can talk about what I like about me and my body. • I can explain that my body belongs to me. • I can say who I would go to if I have a question or worry. • I can explain that parts of my body are private and that this applies to others too.
2. Feelings and safety	<ul style="list-style-type: none"> - Sexuality and Sexual Health - Positive Relationships 	<ul style="list-style-type: none"> • I can communicate my feelings. • I can discuss friendships and relationships. • I know who can help me and keep me safe and who I can talk to if I am worried. • I am learning how to communicate effectively.
3. Similarity, diversity and respect	- Positive Relationships	<ul style="list-style-type: none"> • I show respect for others. • I can give examples of what makes me a unique individual. • 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 understand that a child with a disability is a child first. • I understand that the terms heterosexual, gay, lesbian and bisexual can be used to describe who a person is attracted to or falls in love with.
4. Keeping Clean	- Physical Changes	<ul style="list-style-type: none"> • I can name parts of my body. • I can talk about why keeping clean/hygiene is important to health. • I can describe what I can do to maintain personal hygiene, including washing my hands and when I go to the toilet.

