

Sensible  
Mature  
Ambitious  
Respectful  
Trustworthy  
Eco-Friendly  
Responsible



# Relationships, Sexual Health and Parenthood



## EARLY LEVEL

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

Learning at this Level is likely to be for children in the pre-school years and P1, or later for some.

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

	Experiences and Outcomes	Benchmarks
<b>Physical changes</b>	<p>I recognise that we have similarities and differences but are all unique. HWB 0-47a</p> <p>I am aware of my growing body and I am learning the correct names for its different parts and how they work. HWB 0-47b</p>	<ul style="list-style-type: none"> <li>Identifies body differences and similarities.</li> <li>Describes how bodies change as they grow. Identifies body parts using correct names, for example, penis, testicles, vulva and nipples.</li> </ul>
<b>Sexual health and sexuality</b>	<p>I am learning what I can do to look after my body and who can help me. HWB 0-48a</p> <p>I am learning about respect for my body and what behaviour is right and wrong. I know who I should talk to if I am worried about this. HWB 0-49a</p> <p>I know that there are people in our lives who care for and look after us and I am aware that people may be cared for by parents, carers or other adults. HWB 0-45a</p> <p>I am learning about where living things come from and about how they grow, develop and are nurtured. HWB 0-50a</p>	<ul style="list-style-type: none"> <li>Demonstrates modesty and privacy through, for example, closing toilet doors.</li> <li>Manages personal space with respect towards self and others.</li> <li>Demonstrates an understanding of the concept, 'my body belongs to me'. Recognises and communicates uncomfortable feelings in relation to a person or situation using, for example, the 3-step model: say no, go away, talk to someone you trust.</li> <li>Identifies people who can help, for example, teachers, family members. Recognises that care can come from a variety of different people.</li> <li>Identifies that families may be made up of different people.</li> <li>Gives examples of where living things come from, for example, plants from seeds, fish from eggs.</li> <li>Explains that living things need food, water and care to grow and survive.</li> </ul>
<b>Positive Relationships</b>	<p>I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships. HWB 0-44a</p> <p>I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to. HWB 0-44b</p>	<p>These Experiences and Outcomes sit within HWB Responsibility of All and span across all five levels to recognise the nature of development and learning in HWB. There are no Benchmarks for these Experiences and Outcomes.</p>

	I know that there are people in our lives who care for and look after us and I am aware that people may be cared for by parents, carers or other adults. HWB 0-45a	<ul style="list-style-type: none"> <li>• Explains ways in which families may differ and that there are a variety of people who may care for us.</li> </ul>
<b>Role of parent or carer</b>	I am able to show an awareness of the tasks required to look after a baby. HWB 0-51a	<ul style="list-style-type: none"> <li>• Describes the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding, sleeping.</li> </ul>