

P1-P7 Living and Growing Learning



Dear Parents,

This term we will be beginning the sexual health programme of learning.

A learning overview is available on our school website under each class page. Please note that class teachers do differentiate the lessons to ensure that learning is appropriate for each stage and child.

A Superb Resource for Parents

Talking with your child about relationships and sexual health for parents and carers of children between 4 and 9 years old (http://www.healthscotland.com/uploads/documents/1138-TalkingWithYourChild_1.pdf)

Talking with your teenager about relationships and sexual health for parents and carers of children between 10 and 13 years old. (http://www.healthscotland.com/uploads/documents/1141-TalkingWithYourTeenager_1.pdf)

Please find also available on our school website;

- Curriculum for Excellence Relationships and Sexual Health Learning that the children will be covering this term.
- Relationships, Sexual health and Parenthood Information for Parents Leaflets

If you would like further information, please do not hesitate to contact me.

We are looking to begin this programme of study shortly and would be grateful for a prompt return of permissions.

With many thanks

Katie Budge

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Name of Child/Children _____

I give permission for my child/children to participate in Living & Growing learning and to view the resources appropriate for their stage.

Signed _____ Date _____

Relationships, sexual health and parenthood

Learners develop an understanding of how to maintain positive relationships with a variety of people and are aware of how thoughts, feelings, attitudes, values and beliefs can influence decisions about relationships, and sexual health. They develop their understanding of the complex roles and responsibilities of being a parent or carer.

Early Level (Primary 1)	First Level (Primary 2 to 4)	Second Level (Primary 5 to 7)
<p><i>I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships.</i> HWB 0-44a / HWB 1-44a</p> <p><i>I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to.</i> HWB 0-44b / HWB 1-44b</p>	<p><i>I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships.</i> HWB 0-44a / HWB 1-44a</p> <p><i>I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to.</i> HWB 0-44b / HWB 1-44b</p>	<p>I understand that a wide range of different kinds of friendships and relationships exist. HWB 2-44a</p> <p><i>I am aware that positive friendships and relationships can promote health and the health and wellbeing of others.</i> HWB 2-44b</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 / HWB 1-45a</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 / HWB 1-45a</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>I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication.</i> HWB 0-45b / HWB 1-45b / HWB 2-45b / HWB 3-45b / HWB 4-45b</p> <p>I recognise that we have similarities and differences but are all unique. HWB 0-47a / HWB 1-47a</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 / HWB 1-47b</p>	<p><i>I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication.</i> HWB 0-45b / HWB 1-45b / HWB 2-45b / HWB 3-45b / HWB 4-45b</p> <p>I recognise that we have similarities and differences but are all unique. HWB 0-47a / HWB 1-47a</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 / HWB 1-47b</p>	<p><i>I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication.</i> HWB 0-45b / HWB 1-45b / HWB 2-45b / HWB 3-45b / HWB 4-45b</p> <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 am learning what I can do to look after my body and who can help me. HWB 0-48a / HWB 1-48a</p>	<p>I am learning what I can do to look after my body and who can help me. HWB 0-48a / HWB 1-48a</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>

<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.</p> <p>HWB 0-49a / HWB 1-49a</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.</p> <p>HWB 0-49a / HWB 1-49a</p>	<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.</p> <p>HWB 2-49a</p>
<p>I am learning about where living things come from and about how they grow, develop and are nurtured.</p> <p>HWB 0-50a / HWB 1-50a</p>	<p>I am learning about where living things come from and about how they grow, develop and are nurtured.</p> <p>HWB 0-50a / HWB 1-50a</p>	<p>I am able to describe how human life begins and how a baby is born.</p> <p>HWB 2-50a</p>
<p>I am able to show an awareness of the tasks required to look after a baby.</p> <p>HWB 0-51a / HWB 1-51a</p>	<p>I am able to show an awareness of the tasks required to look after a baby.</p> <p>HWB 0-51a / HWB 1-51a</p>	<p>I can describe the role of a parent/carer and the skills, commitment and qualities the role requires.</p> <p>HWB 2-51a</p>