

Children's Learning will include:

- ✓ *Friendships*
- ✓ *Common interests*
- ✓ *Common goals*
- ✓ *The challenges of friendships and relationships*
- ✓ *How to communicate feelings*
- ✓ *Friends disagree and sometimes fall out*
- ✓ *Friendships and relationships can change*
- ✓ *What is appropriate and inappropriate in terms of touching*
- ✓ *To take the views of others into consideration*
- ✓ *Respect for others*
- ✓ *Different types of family groups*
- ✓ *To respect differences*
- ✓ *Looking after their body*
- ✓ *Personal hygiene*
- ✓ *Caring for a 'baby'*
- ✓ *Differences between wants and needs*
- ✓ *What makes us unique*
- ✓ *Bodies change as they grow*
- ✓ *How bodies change*
- ✓ *The life cycle*
- ✓ *All animals are made when a sperm (from a male) and an egg (from a female) meet*
- ✓ *Body parts have names*
- ✓ *Differences between male and female*

Where can I get more information about Relationships, Sexual Health and Parenthood Education?

- *Contact your child's school*
- *Education Scotland Parentzone*
www.educationscotland.gov.uk/parentzone/
- *Conduct of Relationships*
www.gov.scot/publications/2014/12/8526/downloads

If you or someone you know would like a copy of this document in another language or format, (on occasion, only a summary of the document will be provided in translation), this can be arranged by contacting the Customer Service Centre on 01738 475000.

You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.

www.pkc.gov.uk

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Relationships, Sexual Health and Parenthood Education
Curriculum for Excellence

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Relationships, Sexual Health and Parenthood

Parent Information FIRST LEVEL



Relationships, Sexual Health and Parenthood

What is the Purpose of Relationships, Sexual Health and Parenthood Education?

As children grow and develop it is important that they have an opportunity to:

understand how to maintain positive relationships with a variety of people;

explore how thoughts, feelings, attitudes, values and beliefs can influence decisions about relationships;

develop their understanding of the complex roles of being a parent/carer;

learn ways in which to keep themselves safe and know where to access help and information.

What will children and young people learn about in Relationships, Sexual Health and Parenthood Education?

Learning opportunities will be relevant and realistic, taking account of the stage of development and understanding of each child and young person.



Learning in First Level includes:

I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships.

I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to.

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.

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 recognise that we have similarities and differences but are all unique.

I am aware of my growing body and I am learning the correct names for its different parts and how they work.

I am learning what I can do to look after my body and who can help me.

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.

I am learning about where living things come from and about how they grow, develop and are nurtured.

I am able to show an awareness of the tasks required to look after a baby.

