

# **Crosshouse Primary School**

## **Parent / Carer Guide What Your Child will Learn in**

### **Primary 1**

## **Relationships, Sexual Health and Parenthood Lessons**



From an early age children are trying to make sense of the world they live in. They will do this by applying existing knowledge to new concepts. Often what they will arrive at on their own, or with the help of friends and siblings, will be incorrect, confusing and misleading.

To pass from childhood through adolescence safely and successfully, children need plenty of opportunities to make choices and decisions. They must receive the right information and be able to communicate their feelings.

Without formal RSHP lessons some children will continue to learn about relationships and sexual health unguided and unsupported. At Crosshouse Primary School we aim to provide a safe environment for this necessary learning to take place.

Crosshouse's RSHP teaching is designed to be gradually developed as an integral part of our curriculum in a way that is appropriate to the age of our children. It is important that at each stage children have opportunities to develop emotionally and to use their emotions and skills to guide positive behaviour.

# What Your Child will Learn in Primary 1

## **OUTCOME HWB 0-44a**

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

- I am beginning to co-operate and share with others
- I am beginning to understand why friends are important
- I understand that everybody has different special qualities
- I know that it is important to get along with others
- I am learning what manners are and why they are important
- I understand what rules are and why they are important
- I am learning to listen to others
- I can express what I like and what I don't and why
- I am learning how to use positive verbal and body language
- I can discuss what a friend is and am learning to make new friends

## **OUTCOME HWB 0-44b**

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

- I am aware of who to talk to when worried about anything

## **OUTCOME HWB 0-45a**

**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 understand that families are made up of lots of different people who care for us
- I know that I have a right to be cared for in certain ways and why this is important
- I know that care can be different and come from different people
- I understand there are lots of types of family
- I appreciate that everyone comes from different kinds of families
- I understand that I shouldn't judge people's situations
- I am learning to respect how people's lives are different
- I can think about my own family

## **OUTCOME HWB 0-47 a & b**

**I recognise that we have similarities 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 know my body changes as I grow
- I know some of how my body changes
- I understand that all humans are part of a life cycle with different stages
- I know that there are parts of our body that are the same as others and parts that are different such as colour of hair/eyes/skin and height, size and weight
- I know that all of us have differences which make us unique
- I know that external body parts have names
- I understand that there are differences between boys and girls
- I am learning to feel good about myself

## **OUTCOME HWB 0-48a**

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

- I know why keeping clean is important and how to take responsibility for some of this
- I am aware of who can help me to keep my body clean and healthy
- I know it is important to wash your hands
- I can talk about keeping clean with others
- I understand why and how to keep safe in the sun
- I am beginning to learn how colds etc are spread
- I am learning that adults have different roles to play in helping us such as parent/ carer, teacher, doctor

**OUTCOME HWB 0-49a**

**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 understand that my body is mine
- I understand about personal space
- I am beginning to understand what private means
- I am beginning to know that some parts of my body are private
- I am beginning to understand about respect for my body
- I am beginning to understand about touching and what is appropriate and what isn't
- I am learning how to react if I feel uncomfortable with someone
- 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
- I can take part in discussions

**OUTCOME HWB 0-50a**

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

- I know what a living thing is and what makes it living such as food, growth
- I understand that different living things have different needs
- I understand and can name the life cycles of some plants and animals
- I am beginning to learn what is the same and what is different about life cycles
- I understand that some animals rely on a parent for food
- I am beginning to relate some of this learning to myself and can discuss

**OUTCOME 0-51a**

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

- I can explain what a baby would need to feel happy and content
- I know, understand and can discuss some of a baby's basic needs such as feeding, changing, washing, cuddling and sleeping
- I am learning the difference between wants and needs
- I am beginning to understand that my body and mind both need to be looked after
- I can demonstrate some basic skills needed to look after a baby

Should you wish to view any of the resources used in school to deliver SHRP or if you require any further information please contact the school.