

# **Crosshouse Primary School**

## **Parent / Carer Guide What Your Child will Learn in Primary 5 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 5

## **OUTCOME HWB 2-44a**

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

- I know the definition of relationship
- I can describe different types of love
- I understand that I will develop different kinds of relationships with many people
- I explain why family is important
- I understand that not all families have the same members
- I can describe the roles and responsibilities of family members
- I can describe how family members help and support each other
- I can identify the different emotions I experience
- I can use strategies to deal with the different emotions I experience

## **OUTCOME HWB 2-44b**

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

- I know there are ways to make and maintain friendships
- I understand that positive friendships can be of benefit to my health and wellbeing and can discuss this
- I can explain what a friend is
- I can describe different types of love
- I can describe the importance of family
- I understand that not all families have the same members
- I can describe the roles and responsibilities of family members
- I can describe how families help and support each other
- I can identify the different emotions I experience
- I can use strategies to deal with the different emotions I experience

## **OUTCOME HWB 2-45a**

**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 know and can explain what 'emotional wellbeing' is
- I appreciate that people experience a range of emotions
- I understand that hormones released during puberty cause emotional and physical changes
- I know that as I grow I will go through changes and become more independent
- I can describe how everyone goes through certain stages of growth
- I understand that being able to communicate how I am feeling is important
- I understand that loss and grief are parts of most people's lives at some points and how important it is that we are able to share our feelings
- I can explain why family is important
- I can describe how families support and help each other
- I can identify the different emotions I experience
- I can use strategies to deal with the different emotions I experience

## **OUTCOME HWB 2-45b**

**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 know and understand what non-verbal communication is
- I understand that hormones released during puberty cause emotional and physical changes
- I know that as I grow I will go through changes and become more independent
- I can describe how everyone goes through certain stages of growth
- I can explain why family is important
- I can describe how families support and help each other
- I can identify the different emotions I experience
- I can use strategies to deal with the different emotions I experience

### **OUTCOME HWB 2-47a**

#### **I recognise that we have similarities but are all unique**

- I understand that hormones released during puberty cause emotional and physical changes
- I know that as I grow I will go through changes and become more independent
- I can describe how everyone goes through certain stages of growth
- I can describe how families support and help each other
- I can identify the different emotions I experience
- I can use strategies to deal with the different emotions I experience
- I can explain what puberty is
- I can describe the changes which happen during puberty
- I can explain why good hygiene is important
- I know what menstruation is

### **OUTCOME HWB 2-47b**

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

- I know that I inherit characteristics and features from my parents
- I know I will grow and change in different ways as do all living things
- I can state the ways I have changed since I was born
- I can state similarities and differences between males and females
- I know that the sexual organs are the only way to determine males and females
- I know the correct language we use in school for male and female sexual organs

### **OUTCOME HWB 2-48a**

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

- I understand that as I grow I will go through changes and become more independent
- I know that everyone goes through certain stages of growth at different times
- I can explain what puberty is
- I can describe some of the changes which take place during puberty
- I know what menstruation is
- I can explain why good personal hygiene is important for parts of the body
- I know the correct names for body parts
- I can explain the processes of reproduction and fertilisation within life cycles of living things
- I can make links between reproduction, fertilisation and puberty
- I understand that hormones released during puberty cause emotional and physical changes
- I know that my body will go through changes which I cannot control

### **OUTCOME HWB 2-49a**

#### **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 know and understand the definition of abuse and appreciate there are different forms
- I am learning what a positive relationship and a negative relationship might look like
- I can describe the differences between public and private space
- I can explain why private space is important.
- I know that my body belongs to me and that some parts are private
- I can describe people who can keep me safe
- I can describe different types of love
- I can describe relationships I have with those I care about
- I can describe roles and responsibilities of family members
- I can identify different emotions
- I can use strategies to deal with different emotions
- I can identify the many ways and people I can seek help and advice from

### **OUTCOME HWB 2-50a**

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

- I can describe how growth and change are part of a natural cycle
- I can explain how babies are made from the joining together of an egg from a female and a sperm from a male
- I can describe how a baby develops in its mother's womb
- I understand the facts surrounding reproduction, pregnancy and birth
- I can challenge the myths surrounding reproduction, pregnancy and birth
- I can describe the process of birth
- I can describe the needs of babies prior to birth

- I can describe the needs of babies following birth

**OUTCOME HWB HWB 2-51a**

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

- I understand that being a parent is a life long commitment
- I recognise that being a parent is difficult
- I can describe different types of love
- I can explain why family is important
- I understand that not all families have the same members
- I can describe the roles and responsibilities of family members
- I can describe how families help and support each other
- I can identify the many ways I can seek help and advice
- I can identify people who can help and advise me

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.