

# **Crosshouse Primary School**

## **Parent / Carer Guide What Your Child will Learn in Primary 6 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 6

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

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

- I can describe how friendships and relationships develop
- I can describe what a good friend is
- I can describe my relationships with other people I care about
- I understand what is important in a relationship
- I can describe different types of love
- I understand that friendships can change
- I can explain how friendships can make us feel good or bad
- 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

## **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 can describe how friendships develop and change
- I can explain how friendships can make us feel good or bad
- I can explain the qualities which make a good friend
- I can describe relationships I have with people I care about
- I can describe what is important in a relationship
- I can describe different types of love
- I recognise different emotions
- I can use strategies to deal with the different emotions I experience
- I know where to seek help if I need it

## **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 can describe how friendships develop and change
- I can describe how friendships can make me feel good or bad
- I can describe the qualities of a good friend
- I can describe the relationships I have with those I care about
- I can describe what is important in a relationship
- I can describe different types of love
- I recognise different emotions
- I can use strategies to deal with the different emotions I experience
- I know where to seek help if I need it
- I can identify and challenge gender stereotypes

## **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 can describe my friendships
- I can explain how friendships can change
- I can describe what the qualities of a good friend are
- I can discuss the relationships I have with those I care about
- I can describe what is important in a relationship
- I can describe different types of love
- I recognise different emotions
- I can use strategies to deal with the different emotions I experience
- I know where to seek help if I need it
- I can explain how friendships change
- I can describe how friendships can make me feel good or bad
- I can challenge stereotypes relating to gender
- I understand the emotional changes which happen during puberty
- I understand that hormones released during puberty cause emotional and physical changes

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

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

- I understand the physical and emotional changes which happen during puberty
- I understand what self esteem is
- I understand that as I grow I will go through changes and become more independent
- I understand that everyone goes through certain stages of development
- I can explain why personal hygiene is important.
- I can describe some of the changes which my body will go through during puberty
- I understand that hormones released during puberty will cause emotional and physical changes
- I recognise different emotions
- I can use strategies to deal with the different emotions I experience
- I know where to seek help if I need it

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

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

- I can describe the emotional and physical changes which occur during puberty
- I know what self esteem is
- I understand that as I grow I will become more independent
- I understand the importance of good hygiene
- I can describe the facts surrounding reproduction, pregnancy and birth
- I can challenge myths surrounding reproduction, pregnancy and birth
- I can describe the many ways people can help me
- I can identify people who can help and advise me
- I know how to make myself feel good
- I can explain how I can make others feel good

### **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 what self esteem is
- I recognise different emotions
- I can use strategies to deal with the different emotions I experience
- I know where to seek help if I need it
- I can describe the many ways and people where I can get help from
- 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 the facts surrounding reproduction, pregnancy and birth
- I can challenge myths surrounding reproduction, pregnancy and birth
- I can describe the needs of babies prior to birth
- I can describe the needs of babies following birth
- I can explain why good health during pregnancy is important to the unborn baby
- I can describe the process of birth

### **OUTCOME HWB 2-51a**

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

- 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 explain how families help and support each other

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.