

Support your child's learning – Mental, emotional, social and physical wellbeing

English version	Gaelic version
Mental, emotional, social and physical wellbeing	Sunnd inntinneil, faireachail, sòisealta agus corporra
'Mental, emotional, social and physical wellbeing' is one of six areas that your child will learn about as part of the health and wellbeing curriculum ¹ .	Is e 'Sunnd inntinneil, faireachail, sòisealta agus corporra' aon de shia raointean mun ionnsaich ur pàiste, mar phàirt de churraicealam slàinte agus sunnd ² .
The four aspects of wellbeing (mental, emotional, social and physical) are closely related and are usually taught together.	Tha na ceithir taobhan de shunnd (inntinneil, faireachail, sòisealta agus corporra) co-cheangailte gu dlùth ri chèile agus gu h-àbhaisteach air an teagaisg còmhla.
Mental and emotional wellbeing	Sunnd inntinneil agus faireachail
Simple ideas to help children and young people understand more about feelings.	Beachd-smuaintean sìmplidh gus clann a chuideachadh le barrachd mu fhaireachdainnean a thuigsinn.
Early level	Tràth-Ìre
<i>Note: children in their early years and Primary 1, as well as some older children, will be working at the Early level³ of Curriculum for Excellence.</i>	<i>Nòta: Bidh clann sna tràth-bhliadhnaichean agus Prìomh 1, a thuilleadh air cuid de chloinn nas sine, ag obair aig Tràth-Ìre⁴ a' Churraicealaim airson Sàr-mhathais.</i>
<ul style="list-style-type: none"> Recognise and celebrate when your child has done well, for example helping to put away the shopping, sharing toys with friends, showing kindness and consideration for others or taking part in a game and having fun regardless of the result. 	<ul style="list-style-type: none"> Aithnichibh agus comharraichibh nuair a tha ur pàiste air dèanamh math, mar eisimpleir a' cuideachadh le cur air falbh nan nithean ceannach, a' roinn dhèideagan le caraidean, a' nochdadh coibhneas agus bàidhealachd do chàch no a' gabhail pàirt ann an gèam sa bheil spòrs a dh'aindeoin dè an toradh a bhios ann.
First-second level (approximately P2-P7)	Chiad ìre (timcheall air P2-P7)
<ul style="list-style-type: none"> Help your child to learn that people have different qualities 	<ul style="list-style-type: none"> Cuidichibh ur pàiste ag ionnsachadh gu bheil diofar fheartan

¹ <http://www.educationscotland.gov.uk/parentzone/learninginscotland/curriculumareas/healthandwellbeing/index.asp>

² <http://www.educationscotland.gov.uk/parentzone/learninginscotland/curriculumareas/healthandwellbeing/index.asp>

³ <http://www.educationscotland.gov.uk/parentzone/learninginscotland/curriculumlevels/index.asp>

⁴ <http://www.educationscotland.gov.uk/parentzone/learninginscotland/curriculumlevels/index.asp>

and outlooks on life. In books, magazines, television or films, talk about characters who are not popular with others or are left out of things. Ask your child how they think that makes the character feel. What would your child do to help someone in those circumstances?	aig daoine agus diofar sheallaidhean air beatha. Bruidhnibh mu dheidhinn characteran ann an leabhraichean, irisean, telebhisean agus filmichean air nach eil meas le càch, no a tha air am fàgail a-mach à nithean. Faighnichibh do ur pàiste mar a tha iad a' smaoinichadh a tha an caractar a' faireachdainn. Dè dhèanadh ur pàiste gus neach ann an suidheachadh mar sin a chuideachadh?
Throughout early years and primary (early, first, second levels)	Tro thràth-bhliadhnaichean agus bun-sgoil (tràth, chiad, dàrna ìre)
<ul style="list-style-type: none"> Take time every day to talk and listen to your child without distractions. Share what you have been doing in the day. Talk about the things that went well and the challenges, and how you dealt with them. Encourage your child to do the same. 	<ul style="list-style-type: none"> Gabhaibh tìde gach latha a' labhairt agus ag èisteachd ri ur pàiste às aonais bhuaireidhean. Roinnibh na bha sibh a' dèanamh tron latha. Bruidhnibh mu na nithean a chaidh gu math agus na dùbhlanan, agus mar a dhèilig sibh leotha. Brosnaichibh ur pàiste gu an nì cheudna a dhèanamh.
<ul style="list-style-type: none"> Encourage your child to talk about their feelings. Talk about characters in a book or film. What feelings might these characters have in different situations? How do they behave and react to different things in the story? Talk about what other choices these characters could have made. Ask your child what they think about the behaviours and choices made. What would they have done in the same situation? Give your child praise and encouragement for their efforts and successes. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste bruidhinn mu dheidhinn am faireachdainnean. Bruidhnibh mu dheidhinn characteran ann an leabhar no film. Dè na faireachdainnean a dh'fhaodadh a bhith aig na characteran sin ann an diofar shuidheachaidhean? Ciamar a tha iad gan giùlain fhèin agus a' gabhail ri diofar nithean san sgeulachd? Bruidhnibh mu dheidhinn nan roghainnean eile a dh'fhaodadh na characteran sin a bhith air a dhèanamh. Faighnichibh do ur pàiste dè tha iad a' smaoinichadh mu dheidhinn nan giùlanan agus nan roghainnean a chaidh a dhèanamh. Dè bha iadsan air a dhèanamh san aon suidheachadh? Dèanaibh moladh air ur pàiste agus thoiribh misneachadh dhaibh airson an oidhirpean agus an soirbheachaidhean.
<ul style="list-style-type: none"> When things don't go well, support and help your child to find solutions to problems themselves. 	<ul style="list-style-type: none"> Nuair nach eil cùisean a' dol gu math, thoiribh taic do agus cuidichibh ur pàiste a' lorg fhuasglaidhean do na duilgheadasan iad fhèin.
Secondary	Àrd-sgoil
Third-fourth level (S1-S3)	Treas-ceathramh ìre (ÀS1-ÀS3)
<ul style="list-style-type: none"> Take time every day to talk and listen to your child without distractions. Share the ups and downs of your day and 	<ul style="list-style-type: none"> Gabhaibh tìde gach latha a' labhairt agus ag èisteachd ri ur pàiste às aonais bhuaireidhean. Roinnibh na nithean a bha

encourage them to do the same.	math agus dona tron latha agaibh agus broснаichibh ur pàiste gu an nì cheudna a dhèanamh.
<ul style="list-style-type: none"> Encourage and support your child to resolve issues independently and to know when and where to seek help and advice. 	<ul style="list-style-type: none"> Brosnichibh agus thoiribh taic do ur pàiste a' fuasgladh cheistean gu neo-eisimeileach le fios a bhith aca cuin agus càite a shireadh iad cuideachadh agus comhairle.
<ul style="list-style-type: none"> Keep a sense of humour and perspective to hand and encourage your child to develop this outlook. 	<ul style="list-style-type: none"> Cumnaibh suas deagh ghean agus beachd ri làimh, agus broснаichibh ur pàiste gu an t-seòrsa seallaidh seo a leasachadh.
<ul style="list-style-type: none"> Praise your child for their efforts and help them to persevere when things don't work out. 	<ul style="list-style-type: none"> Thoiribh moladh do ur pàiste airson an oidhirpean agus cuidichibh iad gu cumail a' dol nuair nach eil nithean ag obrachadh a-mach.
<ul style="list-style-type: none"> Believe in your child's ability to think things through for themselves. Let them know you are there to help if need be but don't insist on giving help. The decision/solution they devise may be different from your ideas. If things don't work out, encourage your child to recognise why that was and to think about what they would do differently in future. 	<ul style="list-style-type: none"> Biodh creideas agaibh ann an comas ur pàiste gu nithean obrachadh a-mach dhaibh fhèin. Leigibh fios dhaibh gu bheil sibh ann airson an cuideachadh ma dh'fheumar ach na dèanaibh sin gun iarraidh. Dh'fhaodadh gum bi an co-dhùnadh/am fuasgladh gu an tig iad diofraichte bho na beachd-smuaintean agaibhse. Mura h-obrach cùisean a-mach, broснаichibh ur pàiste gu aithneachadh carson a bha sin, agus smaoinich mu dheidhinn dè dhèanadh iad ann an dòigh eile san àm ri teachd.
Senior phase/post-16	Ire Àrd/seachad air 16
<ul style="list-style-type: none"> Show interest in what your child is doing at school/college/work. Take time to listen to them talking about what is going on in their life. Listen to your child as they talk about their dreams and wishes, and agree what support they would like from you. 	<ul style="list-style-type: none"> Nochdaibh ùidh anns na tha ur pàiste a' dèanamh san sgoil/colaiste/obair. Gabhaibh tìde ag èisteachd riutha a' bruidhinn mu dheidhinn na tha a' dol air adhart nam beatha. Èistibh ri ur pàiste fhad 's a tha iad a' bruidhinn mu dheidhinn an dòchasan 's an rùintean, agus aontaichibh air an taic a bu mhath leotha fhaotainn bhuaibh.
<ul style="list-style-type: none"> Support your child as they develop new friendships and interests. Encourage them to bring friends home, and welcome their friends into your home. 	<ul style="list-style-type: none"> Thoiribh taic do ur pàiste fhad 's a tha iad a' leasachadh chàirdeasan is ùidhean ùra. Brosnaichibh iad gu bhith a' toirt charaidean dhachaigh, agus cuiribh fàilte air an caraidean don dachaigh agaibh.
<ul style="list-style-type: none"> Encourage and support your child as they explore different career options, listening to their ideas and thoughts on how to gain relevant experience to support these. If possible, agree 	<ul style="list-style-type: none"> Brosnaichibh agus thoiribh taic do ur pàiste fhad 's a tha iad a' rannsachadh diofar roghainnean dreuchd-beatha, ag èisteachd ri am beachd-smuaintean agus an smaointean air

to meet and discuss these options with others from whom your child has sought advice, for example careers advisor, school/college/university staff.	mar a gheibh iad eòlas buntainneach air an son. Ma ghabhas e a dhèanamh, aontaichibh ri coinneachadh gus na roghainnean sin a dheasbad le feadhainn eile bho bheil ur pàiste air comhairle a shireadh, mar eisimpleir comhairliche dhreuchdan, luchd-obrach sgoile/colaiste/oilthigh.
Social wellbeing	Sunnd sòisealta
Simple ideas to help children and young people learn about relationships, rights and responsibilities.	Beachd-smuaintean sìmplidh gus clann agus daoine òga a chuideachadh le ionnsachadh mu dheidhinn dhàimhean, chòraichean agus dhleastanasan.
At all stages	Aig gach ìre
<ul style="list-style-type: none"> Children and young people learn through the behaviour they see: think about the behaviour you model and how this values and supports positive relationships. 	<ul style="list-style-type: none"> Tha clann agus daoine òga ag ionnsachadh tron ghiùlain a tha iad a' faicinn: smaoinichibh mun ghiùlan a tha sibh a' modaileadh agus mar a tha seo a' cur luach air agus a' cur taic ri dàimhean dearbhach.
Early level	Tràth-ìre
<ul style="list-style-type: none"> Encourage your child to be independent in their daily life, for example to dress themselves as far as possible, even if, at first, it takes a bit longer. Give your child some responsibility around the house, for example to put their clothes away once they have been washed, or to help set the table for a meal. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith neo-eisimeileach nam beatha làitheil, mar eisimpleir iad fhèin èideadh cho fada 's a ghabhas, fiù ged a tha e aig an toiseach, a' toirt nas fhaide. Thoiribh beagan uallach do ur pàiste mun cuairt an taighe, mar eisimpleir an cuid aodaich a chur air falbh aon uair 's gu bheil iad air an nighe, no cuideachadh le deisealachadh a' bhùird airson biadh.
<ul style="list-style-type: none"> Encourage your child to put toys away when they have finished playing with them. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith a' cur dhèideagan air falbh nuair a tha iad deiseil de chluich leotha.
<ul style="list-style-type: none"> On visits to local play parks, encourage your child to share and take turns with other children using the equipment. Praise them for their efforts and attitudes when showing respect towards others. 	<ul style="list-style-type: none"> Anns na pàircean cluiche ionadail, broснаichibh ur pàiste gu bhith a' roinn agus a' gabhail turas mu seach le clann eile, ann an cleachdadh na h-uidheamachd. Dèanaibh moladh orra airson an oidhirpean agus an seasamh a thaobh nochdadh spèis do chàch.
First-second level (approximately P2-P7)	Chiad-dàrna ìre (timcheall air P2-P7)
<ul style="list-style-type: none"> Help your child to develop care and respect for others and the environment. Share the responsibility for looking after pets, for example taking the dog for a walk in the park and clearing up after it. Work together to teach pets new skills and 	<ul style="list-style-type: none"> Cuidichibh ur pàiste gu cùram agus spèis do chàch agus don àrainneachd a leasachadh. Roinnibh an t-uallach airson a bhith a' coimhead às dèidh pheataichean, mar eisimpleir a' dol a-mach don phàirc leis a' chù agus a' glanadh suas às a

<p>tricks. Clean out the hamster cage or build fun obstacle courses for the hamster to navigate. Set aside time to play with/watch/care for pets, helping your child to see the fun and rewarding side of keeping pets. If you don't have your own pets, consider volunteering to look after a friend or neighbour's pet(s) while they are away.</p>	<p>dhèidh. Obraichibh còmhla gus sgilean agus cleasan ùra a theagasg do pheataichean. Glanaibh a-mach cèids an hamstair no togaibh cùrsaichean chnapan-starra spòrsail air am faigh an hamstair timcheall. Cuiribh mu seach tìde airson cluich/coimhead/cùram do pheataichean, a' cuideachadh ur pàiste gu bhith a' faicinn cho spòrsail agus cho tlachdmhor 's a tha e a bhith a' cumail pheataichean. Mura h-eil ur peataichean fhèin agaibh, smaoinichibh air coimhead às dèidh peata caraid no nàbaidh gu saor-thoileach, nuair a tha iad air falbh.</p>
<ul style="list-style-type: none"> • Give your child some responsibilities for doing a share of household chores, for example making their bed, washing and drying dishes/emptying the dishwasher, putting clothes in the wash, setting the table, helping to prepare meals. Encourage independence and self-belief in their abilities. 	<ul style="list-style-type: none"> • Thoiribh beagan uallaichean do ur pàiste airson a bhith a' dèanamh cuid den obair-taighe, mar eisimpleir a' càradh an leapa, a' nighe 's a' tiormachadh nan soithichean/falamhachadh an nigheadair-shoithichean, a' cur aodach san nigheadaireachd, deisealachadh a'bhùird, cuideachadh le ullachadh bhiadhan. Brosnaichibh neo-eisimeileachd agus fèin-chreideas nan comasan.
<p>Throughout early years and primary (early, first, second levels)</p>	<p>Tro thràth-bhliadhnaichean agus bun-sgoil (tràth, chiad, dàrna lre)</p>
<ul style="list-style-type: none"> • Encourage your child to put litter in a bin/bring it home. Go along with your child on a community litter pick. Help them to take pride in their local community. 	<ul style="list-style-type: none"> • Brosnaichibh ur pàiste gu bhith a' cur sgudal sa bhiona/a thoirt dhachaigh. Theirigibh còmhla ri ur pàiste air turas coimhearsnachd a' sgioblachadh sgudail. Cuidichibh iad gu bhith pròiseil às an coimhearsnachd ionadail.
<ul style="list-style-type: none"> • Get involved! Encourage and support your child to attend clubs and activities. Consider volunteering as a helper or coach if you have the time. 	<ul style="list-style-type: none"> • Theirigibh an sàs! Brosnaichibh agus thoiribh taic do ur pàiste gu bhith a' frithealadh chlubaichean agus ghnìomhachdan. Beachdaichibh air a bhith nur cuidiche no nur coids saor-thoileach, ma bhios tìde agaibh.
<ul style="list-style-type: none"> • Look at family pictures, talk about who is in them and what relationship they are to you and your child. Share some of your stories about these people and what they, as people, mean/meant to you. 	<ul style="list-style-type: none"> • Coimheadaibh ri deilbh teaghlaich, bruidhribh mu dheidhinn cò a th' annta agus an càirdeas a th' aca ribhse agus ri ur pàiste. Roinnibh cuid de na sgeulachdan agaibh mu na daoine sin agus na tha/bha iadsan, mar dhaoine, a' ciallachadh dhuibh.
<ul style="list-style-type: none"> • Start a photograph album with your child of their life so far. Encourage your child to add in some favourite mementos and 	<ul style="list-style-type: none"> • Tòisichibh air albam dheilbh còmhla ri ur pàiste de am beatha gu ruige seo. Brosnaichibh ur pàiste gu bhith a' cur nan

a reminder of when the photograph was taken and what it is about.	cuidhneachain as fheàrr leotha ris, an t-àm a chaidh an dealbh a thogail agus cò mu dheidhinn a tha i.
Secondary	Àrd-sgoil
Third-fourth level (S1-S3)	Treas-ceathramh ìre (ÀS1 – ÀS3)
<ul style="list-style-type: none"> Negotiate and agree how household responsibilities are shared. 	<ul style="list-style-type: none"> Barganaichibh agus aontaichibh mar a bhios uallaichean obair-taighe air an roinn.
<ul style="list-style-type: none"> Remember to thank your child for their efforts and attitude, and encourage mutual respect. 	<ul style="list-style-type: none"> Cuimhnichibh air taing a thoirt do ur pàiste airson an oidhirpean agus an seasamh, agus brosnachibh spèis do chàch a chèile.
<ul style="list-style-type: none"> Encourage your child to get involved in local groups/sports clubs. Negotiate how travel to/from clubs etc will be arranged if they need to be driven. Discuss what this might mean in terms of weekend and after-school commitment. 	<ul style="list-style-type: none"> Brosnachibh ur pàiste gu dhol an sàs ann am buidhnean/clubaichean spòrs ionadail. Barganaichibh mar a bhios siubhal gu/bho chlubaichean is eile, air a rèiteachadh ma dh'fheumar an dràibheadh ann. Dèanaibh deasbad air na dh'fhaodadh seo ciallachadh a thaobh dealas aig deireadh-seachdain agus às dèidh sgoile.
<ul style="list-style-type: none"> Support your child's efforts and involvement in school groups and the local community. 	<ul style="list-style-type: none"> Cuiribh taic ri oidhirpean ur pàiste agus frithealadh bhuidhnean sgoile 's a' choimhearsnachd ionadail.
Senior phase/post-16	Ìre Àrd/seachad air 16
<ul style="list-style-type: none"> Negotiate and agree how household responsibilities are shared, taking other commitments into consideration, for example examinations, work, sports and interests, and socialising with friends. 	<ul style="list-style-type: none"> Barganaichibh agus aontaichibh mar a bhios uallaichean obair-taighe air an roinn, a' gabhail cunntas air dealasan eile, mar eisimpleir deuchainnean, obair, spòrs agus ùidhean, agus a' sòisealachadh le caraidean.
<ul style="list-style-type: none"> Respect your child's private space and expect the same consideration in return. 	<ul style="list-style-type: none"> Thoiribh spèis do fharsaingeachd phrìobhaideach ur pàiste, agus biodh dùil agaibh ris an spèis cheudna air ais.
<ul style="list-style-type: none"> Respect your child's views and their right to express these views even if they differ from your own. 	<ul style="list-style-type: none"> Thoiribh spèis do bheachdan ur pàiste agus an còir air na beachdan sin a chur an cèill, fiù ged a bhiodh iad diofraichte bho na beachdan agaibhse.
Physical wellbeing	Sunnd corporra
Simple ideas to help children and young people learn about their bodies and keeping themselves safe.	Beachd-smuaintean sìmplidh gus clann agus daoine òga a chuideachadh gu ionnsachadh mu dheidhinn am bodhaigean agus iad fhèin a chumail sàbhailte.
Early level	Tràth-Ìre
<ul style="list-style-type: none"> Help your child get enough sleep. Try to have a bedtime 	<ul style="list-style-type: none"> Cuidichibh ur pàiste gu cadal gu leòr fhaighinn. Feuchaibh ri

<p>routine, including tooth brushing and perhaps reading a story together.</p>	<p>gnàth-chùrsa a bhith agaibh aig àm cadail, a' gabhail a-steach glanadh fhiaclan agus 's dòcha a' leughadh sgeulachd còmhla.</p>
<ul style="list-style-type: none"> By talking about your child's body and how it works, encourage them to take some responsibility for keeping themselves safe. Help your child to recognise when they need to ask for help from others if they don't feel safe. For example, teach your child what to do in an emergency, including how to use a phone, how to safely apply sun cream and when to wear a hat, and how to behave around ponds/streams/sea. 	<ul style="list-style-type: none"> Le bhith a' còmhradh mu bhodhaig ur pàiste agus mar a tha e ag obair, brosnachibh iad gu bhith a' gabhail uallach airson iad fhèin a chumail sàbhailte. Cuidichibh ur pàiste gu bhith ag aithneachadh nuair a bhios feuma aca air cuideachadh bho chàch, mura h-eil iad a' faireachdainn sàbhailte. Mar eisimpleir, ionnsaichibh do ur pàiste dè nì iad aig àm èiginn, a' gabhail a-steach mar a chleachdas iad am fòn, mar a chuireas iad acainn grèine orra fhèin agus cuin a chleachdas iad ad, agus mar a ghiùlaineas iad iad fhèin mun cuairt lòin/sruthain/muir.
<ul style="list-style-type: none"> On walks to the local park or shops, be clear about how far ahead your child can go and where to stop and wait. Make it fun by linking it to counting steps, vehicles, lamp posts, gates, shop signs or looking for different coloured doors. As your child matures, give them more independence, as you feel is appropriate. 	<ul style="list-style-type: none"> Air chuairt gun phàirc ionadail no gu na bùithtean, bithibh soilleir mu dheidhinn cho fada 's dh'fhaodas ur pàiste a dhol air adhart agus far an stad iad a' feitheamh. Dèanaibh spòrsail e le bhith ga cheangal ri cunntadh cheumannan, carbadan, puist lampa, geataichean, soidhnichean bùtha no a' coimhead airson dorsan de dhiofar dathan. Mar a bhios ur pàiste a' fàs, thoiribh dhaibh barrachd neo-eisimeileachd, mar a chì sibh iomchaidh.
<ul style="list-style-type: none"> Travel on different types of transport where possible and show your child what their responsibility is in each situation to keep themselves safe. Encourage them to share their adventures with others at home and nursery. 	<ul style="list-style-type: none"> Siubhailibh air diofar sheòrsaichean còmhail far an gabh sin a dhèanamh, agus seallaibh do ur pàiste an t-uallach a th' orra anns gach diofar suidheachadh airson iad fhèin a chumail sàbhailte. Brosnachibh iad gu innse mu an tursan do chàch aig an taigh agus san sgoil-àraich.
<ul style="list-style-type: none"> On visits to the doctor or dentist, explain what will happen beforehand. Ask your child how they are feeling about the visit. Answer questions openly and offer reassurance if needed. 	<ul style="list-style-type: none"> Air tadhalan gun dotair no gun fhiaclair, mìnichibh ro-làimh dè bhios a' tachairt. Faighnichibh do ur pàiste mar a tha iad a' faireachdainn mun tadhal. Freagraibh ceistean gu fosgarra agus tairgsibh fois-inntinn ma bhios feum air.
<p>First-second level (approximately P2-P7)</p>	<p>Chaid-dàrna ìre (timcheall air P2-P7)</p>
<ul style="list-style-type: none"> Encourage your child to make decisions for themselves, for example selecting what to wear depending on the weather and where they are going. Ask if what they have selected will 	<ul style="list-style-type: none"> Brosnachibh ur pàiste gu bhith a' tighinn gu co-dhùnaidhean dhaibh fhèin, mar eisimpleir a' taghadh an aodaich a chuireas iad orra a rèir na h-aimsire agus far a bheil iad a' dol.

keep them warm/cool/dry as appropriate. Be prepared to discuss and direct them, if necessary, towards a different selection.	Faighnichibh a b heil na thagh iad a' dol gan cumail blàth/fionnar/tioram mar a bhios iomchaidh. Bithibh deiseil airson an stiùireadh, ma bhios sin riatanach, a dh'ionnsaigh taghadh diofraichte.
<ul style="list-style-type: none"> Provide opportunities for your child to go outside every day, whether to play or on the way to shops/park/school. Help them to explore your local area and how to travel safely between known places. Set a challenge for you both to find a new way to a familiar place, avoiding familiar routes. 	<ul style="list-style-type: none"> Solaraichibh cothroman do ur pàiste a dhol a-mach gach latha, eadar gur ann a chluich no air an t-slighe do na bùithtean/pàirc/sgoil. Cuidichibh iad gu an sgìre ionadail agaibh a rannsachadh agus mar a shiubhaileas iad gu sàbhailte eadar àiteachan as aithne dhaibh. Stèidhichibh dùbhlàn don dithis agaibh gus slighe ùr a lorg gu àite as aithne dhuibh, a' seachnadh slighean aithnichte.
<ul style="list-style-type: none"> Talk to your child about their responsibilities, for themselves and towards others, when using social media and the internet. What are their views on how these are used? Perhaps find out more for yourself about safe and responsible internet use. Consider doing an online course or attend information evenings at school. 	<ul style="list-style-type: none"> Bruidhnibh ri ur pàiste mu an uallaichean, dhaibh fhèin agus do chàch, nuair a bhios iad a' cleachdadh nam meadhanan sòisealta agus an t-eadar-lìon. Dè am beachdan air mar a tha iad sin air an cleachdadh? Dh'fhaodadh sibh tuilleadh fhaighinn a-mach dhuibh fhèin mu dheidhinn cleachdadh sàbhailte is freagarrach air an eadar-lìon. Smaoinichibh air cùrsa air-loidhne a dhèanamh no feasgaran fiosrachaidh san sgòil a fhrithealadh.
Secondary	Àrd-sgoil
Third-fourth level (S1-S3)	Treas-ceathramh ìre (AS1-AS3)
<ul style="list-style-type: none"> Talk to your child about their responsibilities, for themselves and towards others, when using social media and the internet. 	<ul style="list-style-type: none"> Bruidhnibh ri ur pàiste mu an uallaichean, dhaibh fhèin agus do chàch, nuair a bhios iad a' cleachdadh nam meadhanan sòisealta agus an t-eadar-lìon.
<ul style="list-style-type: none"> Help your child to make choices that support their health and wellbeing. Talk about current local and national issues and reports that are of relevance. For example, find out what your child's views are on the way the media can portray young people and their behaviour – does your child think it is a fair reflection? 	<ul style="list-style-type: none"> Cuidichibh ur pàiste gu roghainnean a dhèanamh a tha a' cur taic ri an slàinte agus sunnd. Bruidhnibh mu dheidhinn chùisean làithreach ionadail is nàiseanta agus aithisgean a tha buntainneach. Mar eisimpleir, faighibh a-mach beachdan ur pàiste air an dòigh as urrainn do na meadhanan daoine òga agus an giùlain a nochdadh – a bheil ur pàiste den bheachd gur e sealladh cothromach a th' ann?
<ul style="list-style-type: none"> Promote and model safe driving: wearing a seat belt, sticking to the speed limit, showing consideration and tolerance toward other road users, giving cyclists and horses and riders 	<ul style="list-style-type: none"> Adhartaichibh agus modailibh dràibheadh sàbhailte: cleachdadh crios-dràibhidh, cumail ris a' chasg-astair, nochdadh bàidhealachd is fulangas do luchd-cleachdaidh eile

plenty of room, and reducing speed accordingly, and not using the phone whilst driving.	air an rathad, a' toirt gu leòr farsaingeachd do rothaichean agus eich is marcaichean agus a' lùghdachadh astair da rèir sin, agus gun a bhith a' cleachdadh am fòn nuair a thathar a' dràibheadh.
<ul style="list-style-type: none"> If your child has completed a first aid course, ask if they will demonstrate/share what they learned with you. Acknowledge their efforts and the skills they have learned, which could save someone's life - perhaps skills you do not possess? 	<ul style="list-style-type: none"> Ma tha ur pàiste air cùrsa ciad chobhair a chrìochnachadh, faighnichibh an taisbean/roinn iad na dh'ionnsaich iad còmhla ribh. Dèanaibh aithneachadh air na h-oidhirpean aca agus na sgilean a dh'ionnsaich iad, a dh'fhaodadh beatha chuideigin a shàbhaladh – 's dòcha sgilean nach eil agaibh fhèin?
Senior phase/post-16	Ire Àrd/seachad air 16
<ul style="list-style-type: none"> Promote independence and show your child that you have confidence in them to make suitable choices in support of their health and wellbeing, for example respecting their right to choose friends and how they manage their time whilst also being accountable for their actions. (Staying up all night to play games online or chat may affect your child's ability to get up on time to attend college/work/school but this is their responsibility). 	<ul style="list-style-type: none"> Adhartaichibh neo-eisimeileachd agus seallaibh do ur pàiste gu bheil misneachd agaibh annta roghainnean freagarrach a dhèanamh mar thaic do an slàinte agus sunnd, mar eisimpleir a' nochdadh spèis do an còir air caraidean a thaghadh agus mar a tha iad a' stiùireadh an tìde agus iad fhathast cunntachail airson an gnìomhan. (Faodaidh fuireach an-àird fad na h-oidhche a chluich gheamannan air-loidhne no a' cabadaich, buaidh a thoirt air comas ur pàiste èirigh ann an àm airson colaiste/obair/sgoil a fhrithealadh, ach 's e an uallach fhèin a th' ann).
<ul style="list-style-type: none"> Discuss how your child would get home safely after a night out if they couldn't find a bus or taxi. Get them to think through a few scenarios and have some idea of a plan that they will share with you. 	<ul style="list-style-type: none"> Dèanaibh deasbad air mar a gheibheadh ur pàiste dhachaigh sàbhailte an dèidh a bhith a-muigh air an oidhche, mura lorgadh iad bus no tagsaidh. Thoiribh orra smaoinichadh tro bheagan shuidheachaidhean agus biodh beachd agaibh air seòrsa de phlana a roinneas iad leibh.
<ul style="list-style-type: none"> Ask your child what they would do in different situations, for example, what would they do if they witnessed a fight or someone getting hurt by a group of others? 	<ul style="list-style-type: none"> Faighnichibh do ur pàiste dè dhèanadh iad ann an diofar shuidheachaidhean, mar eisimpleir dè dhèanadh iad nam faiceadh iad sabaid no neacheigin ga ghortachadh le buidheann eile?
<ul style="list-style-type: none"> Promote independence and show your child that you have confidence in them to make suitable choices in support of their health and wellbeing, for example respecting their right to choose friends and how they manage their time whilst also being accountable for their actions. (Staying up all night to 	<ul style="list-style-type: none"> Adhartaichibh neo-eisimeileachd agus seallaibh do ur pàiste gu bheil misneachd agaibh annta roghainnean freagarrach a dhèanamh mar thaic do an slàinte agus sunnd, mar eisimpleir a' nochdadh spèis do an còir air caraidean a thaghadh agus mar a tha iad a' stiùireadh an tìde agus iad fhathast

<p>play games online or chat may affect your child's ability to get up on time to attend college/work/school but this is their responsibility).</p>	<p>cunntachail airson an gnìomhan. (Faodaidh fuireach an-àird fad na h-oidhche a chluich gheamannan air-loidhne no a' cabadaich, buaidh a thoirt air comas ur pàiste èirigh ann an àm airson colaiste/obair/sgoil a fhrithéaladh, ach 's e an uallach fhèin a th' ann).</p>
<ul style="list-style-type: none"> • Discuss how your child would get home safely after a night out if they couldn't find a bus or taxi. Get them to think through a few scenarios and have some idea of a plan that they will share with you. 	<ul style="list-style-type: none"> • Dèanaibh deasbad air mar a gheibheadh ur pàiste dhachaigh sàbhailte an dèidh a bhith a-muigh air an oidhche, mura lorgadh iad bus no tagsaidh. Thoiribh orra smaoineachadh tro bheagan shuidheachaidhean agus biodh beachd agaibh air seòrsa de phlana a roinneas iad leibh.
<ul style="list-style-type: none"> • Ask your child what they would do in different situations, for example, what would they do if they witnessed a fight or someone getting hurt by a group of others? 	<ul style="list-style-type: none"> • Faighnichibh do ur pàiste dè dhèanadh iad ann an diofar shuidheachaidhean, mar eisimpleir dè dhèanadh iad nam faiceadh iad sabaid no neacheigin ga ghortachadh le buidheann eile?