

Support your child's learning – Relationships, sexual health and parenthood

English version	Gaelic version
Relationships, sexual health and parenthood	Dàimhean, slàinte ghnèitheasach agus pàrantachd
Simple ideas to support your child in forming positive relationships and to make them aware of how thoughts, feelings, attitudes, values and beliefs can influence decisions about relationships and sexual health.	Beachd-smuaintean simplidh mar thaic do ur pàiste ann a bhith a' cumadh dhàimhean dearbhach agus gus an dèanamh mothachail do mar a dh'fhaodas smuaintean, faireachdainnean, beachdan, luachan agus creideasan buaidh a thoirt air co-dhùnaidhean a thaobh dhàimhean agus slàinte ghnèitheasach.
Early years/lower primary	Tràth-Bhliadhnaichean/bun-sgoil ìochdrach
Early level/first level	Tràth-Ìre/chiad ìre
<i>Note: Children in their early years and Primary 1, as well as some older children, will be working at the early level of the curriculum. As a general guide, children in P2-P4 are likely to be working at the first level¹.</i>	<i>Nòta: Bidh clann sna tràth-bhliadhnaichean agus Prìomh 1, a thuilleadh air cuid de chloinn nas sine, ag obair aig tràth-ìre a' churraicealaim. Mar iùl coitcheann, tha clann ann am P2-P4 buailteach a bhith ag obair aig a' chiad ìre².</i>
<ul style="list-style-type: none"> Set up regular times and places for your child to meet and play with other children. This could be family times, playgroups, clubs, and visits to the park or having friends over to the house. 	<ul style="list-style-type: none"> Stèidhichibh amannan agus àiteachan cunbhalach far an coinnich agus an cluich do phàiste le clann eile. Dh'fhaodadh seo a bhith amannan teaghlaich, cròileaganan, clubaichean, agus tursan don phàirc no le caraidean aig an taigh.
<ul style="list-style-type: none"> Encourage your child to try a range of different activities and hobbies to help them find out what they enjoy and what they don't like so much. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith a' feuchainn a-mach raon de dhiofar ghnìomhachdan agus chur-seachadan gus an cuideachdadh gu faighinn a-mach dè tha a' còrdadh riutha agus nach eil a' còrdadh riutha cho mòr.
<ul style="list-style-type: none"> Listen to your child as they talk about the friends that 	<ul style="list-style-type: none"> Èistibh ri ur pàiste fhad 's a tha iad a' bruidhinn mu

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

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

they have made.	dheidhinn nan caraidean a tha iad air a dhèanamh.
<ul style="list-style-type: none"> Encourage your child to be a good friend, and talk about what this means. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith nan deagh charaid, agus bruidhnich mu dheidhinn na tha seo a' ciallachadh.
<ul style="list-style-type: none"> Think together of how to react when things don't go well with friends. Remind your child to talk to an adult if they are unable to resolve a friendship problem alone. 	<ul style="list-style-type: none"> Smaoinichibh còmhla air giùlain nuair nach eil cùisean a' dol gu math le caraidean. Cuiribh an cuimhne ur pàiste bruidhinn ri inbheach mura h-eil iad comasach air duilgheadas le caraid obrachadh a-mach.
<ul style="list-style-type: none"> Listen to your child's worries with an open mind and think together of different ways to solve problems. 	<ul style="list-style-type: none"> Èistibh ris na draghan aig ur pàiste le inntinn fhosgailte agus smaoinichibh còmhla air diofar dhòighean airson duilgheadasan fhuagladh.
<ul style="list-style-type: none"> Reassure your child that some worries belong to adults and that it is not their job to solve those problems. 	<ul style="list-style-type: none"> Daingnichibh do ur pàiste gu bheil cuid de dhraghan le inbhich a-mhain agus nach fheum iadsan na duilgheadasan sin obrachadh a-mach.
<ul style="list-style-type: none"> Talk to your child about what they do well and what they find difficult. Reassure them that everyone find something difficult. Give examples of things that you used to find difficult but are now able to do. 	<ul style="list-style-type: none"> Bruidhnibh ri ur pàiste mu dheidhinn na tha iad a' dèanamh math agus na tha iad a' faighinn duilich. Daingnichibh dhaibh gu bheil gach neach a' lorg rudeigin a tha duilich dhaibh. Thoiribh eisimpleirean dhaibh de nithean a b' àbhaist dhuibh a bhith a' faighinn duilich ach as urrainn dhuibh a dhèanamh a-nis.
<ul style="list-style-type: none"> Encourage your child to think positively about others' achievements and talents. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith a' smaoinichibh gu dearbhach mu choileanaidhean agus mu thàlantachaidh.
<ul style="list-style-type: none"> Use the correct names when talking to your child about body parts and encourage them to do the same. 	<ul style="list-style-type: none"> Cleachdaibh na h-ainmean ceart nuair a tha sibh a' bruidhinn ri ur pàiste mu phàirtean den bodhaig, agus broснаichibh iad gu bhith a' dèanamh sin cuideachd.
<ul style="list-style-type: none"> Keep a height chart to show your child how well they are growing. 	<ul style="list-style-type: none"> Cumaibh clàr àirde gus a thaisbeanadh do ur pàiste cho math 's a tha iad a' fàs.
<ul style="list-style-type: none"> Create daily hygiene routines with your child and encourage them to become more independent in carrying these out. Praise your child for remembering to do so. 	<ul style="list-style-type: none"> Cruthaichibh gnàth-chùrsaichean slàinteachais làitheil le ur pàiste agus broснаichibh iad gu bhith a' fàs nas neo-eisimeilich gan coileanadh. Dèanaibh moladh air ur pàiste airson cuimhneachadh sin a dhèanamh.

<ul style="list-style-type: none"> Encourage your child to talk to you or someone else they trust, if they hurt themselves or feel that they want to hurt themselves. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bruidhinn ri neach eile sa bheil earbsa aca, ma ghortaicheas iad iad fhèin no ma tha iad a' faireachdainn gu bheil iad airson iad fhèin a ghortachadh.
<ul style="list-style-type: none"> Go for a walk with your child in the local community or farther afield. Spot different types of nature and talk about how animals care for themselves and their young. 	<ul style="list-style-type: none"> Theirigibh cuairt le ur pàiste sa choimhearsnachd ionadail no nas fhaide na sin. Lorgaibh diofar sheòrsaichean nàdair agus bruidhribh mu dheidhinn mar a tha beathaichean a' gabhail cùram dhiubh fhèin agus an sliochd.
<ul style="list-style-type: none"> Involve your child in helping to care for younger children and babies in the family. 	<ul style="list-style-type: none"> Cuiribh ur pàiste an sàs ann an cuideachadh le coimhead às dèidh clann nas òige ags leanabain san teaghlach.
<ul style="list-style-type: none"> Use imaginative play opportunities to show your child how to care for others, including babies (for example, when your child plays with dolls and or teddies). 	<ul style="list-style-type: none"> Cleachdaibh cothroman cluiche mac-meanmhainneach gus a shealltainn do ur pàiste mar a choimheadas iad às dèidh càch, a' gabhail a-steach leanabain (mar eisimpleir, nuair a bhios ur pàiste a' cluich le doilichean agus/no teadaidhean).
Upper primary	Bun-sgoil uachdrach
Second level (P5-P7)	Dàrna ìre (P5-P7)
<ul style="list-style-type: none"> Encourage your child to enjoy spending time outdoors with their friends. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith a' faighinn tlachd à bhith a-muigh còmhla ri an caraidean.
<ul style="list-style-type: none"> Promote a range of activities that will give your child opportunities to meet and make a wide variety of friends, for example clubs and teams, extra-curricular lessons, residential trips. 	<ul style="list-style-type: none"> Adhartaichibh raon de ghnìomhachdan a bheir cothroman do ur pàiste coinneachadh ri agus measgachadh de charaidean a dhèanamh, mar eisimpleir clubaichean is sgiobaidhean, leasanan neo-churraicealach, tursan còmhnaidheach.
<ul style="list-style-type: none"> Listen with an open mind when your child talks about different relationships and their feelings about other people. 	<ul style="list-style-type: none"> Èistibh le inntinn fhosgailte nuair a bhios ur pàiste a' bruidhinn mu dheidhinn diofar dhàimhean agus am faireachdainnean do dhaoine eile.
<ul style="list-style-type: none"> Talk about scenarios when friendships change and how this might make your child feel. Think together about the most positive way to react in these situations. 	<ul style="list-style-type: none"> Bruidhribh mu dheidhinn suidheachaidhean nuair a bhios càirdeasan ag atharrachadh agus mar a dh'fhaodadh ur pàiste a bhith a' faireachdainn. Smaoinichibh còmhla air an dòigh as dearbhaich air dèiligeadh leis na suidheachaidhean sin.

<ul style="list-style-type: none"> Think carefully about how you talk about your own body image and consider what messages this sends to your child. 	<ul style="list-style-type: none"> Smaoinichibh gu cùramach mu dheidhinn mar a bhios sibh a' bruidhinn mu ur ìomhaigh bodhaig fhèin, agus beachdaichibh air an teachdaireachd a tha sin a' toirt do ur pàiste.
<ul style="list-style-type: none"> Model good daily hygiene and encourage your child to develop and take responsibility for good hygiene habits on a daily basis. 	<ul style="list-style-type: none"> Modailibh slàinteachas math làitheil agus brosnachibh ur pàiste gu cleachdaidhean matha slàinteachais làitheil a leasachadh agus uallach a ghabhail air an son.
<ul style="list-style-type: none"> Talk about the changes that can happen during puberty and how these might affect the way that your child feels and acts. Reassure them that changes happen at different times and in different ways for each person. 	<ul style="list-style-type: none"> Bruidhnibh mu dheidhinn nan atharrachaidhean a dh'fhaodadh tachairt aig àm inbhidheachd agus mar a dh'fhaodadh iad sin buaidh a thoirt air mar a tha ur pàiste a' faireachdainn agus gan giùlain fhèin. Daingnichibh dhaibh gum bi atharrachaidhean a' tachairt aig diofar amannan agus ann an diofar dhòighean leis gach neach.
<ul style="list-style-type: none"> Encourage your child to ask questions and talk about how their body is changing and about any concerns that they might have. 	<ul style="list-style-type: none"> Brosnachibh ur pàiste gu bhith a' cur cheistean agus bruidhnibh mu dheidhinn mar a tha am bodhaig ag atharrachadh agus mu dhraghan sam bith a dh'fhaodadh a bhith aca.
<ul style="list-style-type: none"> Be sensitive to your child's changing emotions as they reach puberty and let them know that you are there for support. 	<ul style="list-style-type: none"> Bithibh mothachail do fhaireachdainnean atharrachail ur pàiste agus iad a' ruighinn inbhidheachd agus seallaibh dhaibh gu bheil sibh ann airson taic a thoirt dhaibh.
<ul style="list-style-type: none"> Help your child to understand that no-one should try to make them do anything that makes them feel uncomfortable or unsafe or anything they feel is inappropriate. Talk about what to do and who to tell if this happens. 	<ul style="list-style-type: none"> Cuidichibh ur pàiste gu tuigsinn nach bu chòir neach sam bith feuchainn ri thoirt orra nì a dhèanamh leis nach eil iad cofhurtail no mì-shàbhailte no nì sam bith a tha iad a' faireachdainn mì-iomchaidh. Bruidhnibh mu dheidhinn dè as còir dhaibh a dhèanamh agus cò dha a dh'innseas iad ma thachras seo.
<ul style="list-style-type: none"> Answer questions on sex and conception as these arise, and encourage your child to ask about issues that they are unsure of or want to understand better. 	<ul style="list-style-type: none"> Freagraibh ceistean mu fheise agus gineamhainn mar a thig iad an-àird, agus brosnachibh ur pàiste gu bhith a' faighneachd mu dheidhinn chùisean mu bheil iad mì-chinnteach no a tha iad airson a thuigsinn ans fheàrr.
<ul style="list-style-type: none"> Use issues from the news, magazines, TV programmes 	<ul style="list-style-type: none"> Cleachdaibh cùisean às na naidheachdan, irisean,

<p>or films to talk with your child about sex and relationships.</p> <ul style="list-style-type: none"> Explain to your child that being a parent is an important responsibility and that parents have to make lots of decisions to keep their children safe, healthy and cared for. 	<p>prògraman TBh no filmichean airson bruidhinn ri ur pàiste mu dheidhinn feise agus dàimhean.</p> <ul style="list-style-type: none"> Minichibh do ur pàiste gur e uallach cudromach a th' ann a bhith nur pàrant agus gu bheil aig pàrantan ri mòran cho-dhùnaidhean a dhèanamh, gus an cuid chloinne a chumail sàbhailte, fallain agus air coimhead às an dèidh.
Secondary	Àrd-sgoil
Third-fourth level (S1-S3)	Treas-ceatharamh ìre (ÀS1-ÀS3)
<ul style="list-style-type: none"> Encourage your child to adopt a caring attitude towards their family, friends and others. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu seasamh cùramach a ghabhail a dh'ionnsaigh an teaghlach, caraidean is eile.
<ul style="list-style-type: none"> Demonstrate qualities and skills that help to maintain positive relationships when interacting with other people. 	<ul style="list-style-type: none"> Seallaibh feartan agus sgilean a tha a' cuideachadh le dàimhean dearbhach a chumail suas nuair a tha iad ag eadar-obrachadh le daoine eile.
<ul style="list-style-type: none"> Talk to your child about their right to choose the type of relationships to be in. Think together about what to do and who to talk to if relationships don't go as planned or hoped. 	<ul style="list-style-type: none"> Bruidhnibh ri ur pàiste mu an còir air na seòrsa dhàimhean a thaghadh sa bheil iad airson a bhith. Smaoinichibh còmhla air na nithear agus cò ris a bhruidhnear mura tèid dàimhean air adhart mar a bha an dùil.
<ul style="list-style-type: none"> Talk to your child about stories, comments, pictures or other information on relationships and sex that they see on social media, and how these make them feel. 	<ul style="list-style-type: none"> Bruidhnibh ri ur pàiste mu sgeulachdan, beachdan, dealbhan no fiosrachadh eile mu dhàimhean agus feise, a tha iad a' faicinn air na meadhanan sòisealta agus mar a tha iad a' toirt orra a bhith a' faireachdainn.
<ul style="list-style-type: none"> Answer questions on different types of relationships and partnerships with an open mind. 	<ul style="list-style-type: none"> Freagraibh ceistean mu dhiofar sheòrsaichean dhàimhean agus chom-pàirteachasan le inntinn fhosgailte.
<ul style="list-style-type: none"> Explain the importance of, and need for, commitment, trust and respect in loving and sexual relationships. Help your child to understand that they should never feel pressured into having sex or any other sexual activities. 	<ul style="list-style-type: none"> Minichibh cho cudromach agus an fheum air dealas, earbsa agus spèis ann an dàimhean gaolach agus feiseil. Cuidichibh ur pàiste gu tuigsinn nach bu chòir dhaibh faireachdainn fo bhruthadh aig àm sam bith a thaobh feise no gnìomhachdan feise.
<ul style="list-style-type: none"> Use issues from the news, magazines, TV programmes or films to talk with your child about how they feel about 	<ul style="list-style-type: none"> Cleachdaibh cùisean às na naidheachdan, irisean, prògraman TBh no filmichean airson bruidhinn ri ur

<p>themselves and about the ways they can be influenced by what others do and say.</p>	<p>pàiste mu dheidhinn mar a tha iad a' faireachdainn man deidhinn fhèin agus mu dheidhinn nan dòighean a dh'fhaodadh iad a thighinn fo bhuaidh nithean a chanas no a nì daoine eile.</p>
<ul style="list-style-type: none"> Trust your child to make decisions that will keep them safe and healthy within their relationships. Be prepared to offer guidance if your child faces challenging times or situations. 	<ul style="list-style-type: none"> Cuiribh earbsa nur pàiste gu co-dhùnaidheana dhèanamh a chumas sàbhailte iad agus fallain an taobh a-staigh an dàimhean. Bithibh deiseil airson stiùireadh a thoirt seachad ma bhios ur pàiste a' cothachadh ri amannan no suidheachaidhean dùbhlach.
<ul style="list-style-type: none"> Talk to your child about contraception and how to stay safe in sexual relationships. 	<ul style="list-style-type: none"> Bruidhnibh ri ur pàiste mu dheidhinn casg-gin agus mar a dh'fhuiricheas iad sàbhailte ann an dàimhean feiseil.
<ul style="list-style-type: none"> Make your child aware of services available in your local area where they can get advice and information on relationships and sex. Encourage them to take responsibility for being safe and healthy. 	<ul style="list-style-type: none"> Dèanaibh ur pàiste mothachail do sheirbheisean a tha rim faotainn san sgìre ionadail agaibh, far am faigh iad comhairle agus fiosrachadh mu dhàimhean agus feise. Brosnaichibh iad gu uallach a ghabhail airson a bhith sàbhailte agus fallain.
<ul style="list-style-type: none"> Remind your child of all of the adults who have looked after and cared for them and talk about the support these adults have provided. 	<ul style="list-style-type: none"> Cuiribh an cuimhne ur pàiste gach inbheach a tha air coimhead às an dèidh agus air cùram a ghabhail dhiubh agus bruidhnibh mun taic a tha na h-inbhich sin air a sholarachadh.
<p>Senior phase/post-16</p>	<p>Ire Ard/seachad air 16</p>
<ul style="list-style-type: none"> As your child begins new relationships, take time to find out about new friends and partners. 	<ul style="list-style-type: none"> Mar a bhios ur pàiste a' tòiseachadh air dàimhean ùra, gabhaibh ùine a' faighinn a-mach mu charaidean ùra agus companaich.
<ul style="list-style-type: none"> Build a relationship with your child based on two-way trust and let them know that you are always there to listen. 	<ul style="list-style-type: none"> Togaibh dàimh le ur pàiste stèidhichte air earbsa dà-shligheach agus leigibh fios dhaibh gu bheil sibh ann an-còmhnaidh airson èisteachd.
<ul style="list-style-type: none"> Find answers to difficult questions and situations together, making use of local services as appropriate. 	<ul style="list-style-type: none"> Lorgaibh freagairtean còmhla do cheistean agus suidheachaidhean duilich, a' dèanamh feum de sheirbheisean ionadail mar as iomchaidh.
<ul style="list-style-type: none"> Model appropriate behaviours in your own relationships and in taking responsibility for your own health and wellbeing. 	<ul style="list-style-type: none"> Modailibh giùlanan iomchaidh nur dàimhean fhèin agus ann a bhith a' gabhail uallach airson ur slàinte agus sunnd fhèin.

<ul style="list-style-type: none"> • Be honest with your child about the realities and impacts of being a parent, both the positives and the challenges. 	<ul style="list-style-type: none"> • Bithibh onarach le ur pàiste mu fhìorachdan agus buadhan a bhith nur pàrant, a thaobh nan nithean dearbhach agus na dùbhlanan.
<p>'Relationships, sexual health and parenthood' is one of six areas that your child will learn about as part of the health and wellbeing curriculum.</p> <p>For more information on health and wellbeing, see http://www.educationscotland.gov.uk/parentzone/learninginscotland/curriculumareas/healthandwellbeing/index.asp</p>	<p>Is e 'Dàimhean, slàinte ghnèitheasach agus pàrantachd' aon de shia raointean mun ionnsaich ur pàiste, mar phàirt de churraicealam slàinte agus sunnd.</p> <p>Airson tuilleadh fiosrachaidh mu shlàinte agus sunnd, faicibh http://www.educationscotland.gov.uk/parentzone/learninginscotland/curriculumareas/healthandwellbeing/index.asp</p>