

## Talking with your child about Parenthood, Sexual Health and Relationships

### What to do:

- Talk to your child in an age appropriate way
- Listen and encourage them to share their feelings
- Be open and honest
- Build on their self esteem
- Keep it simple

### Books and other Resources:

Mummy laid an egg	Cole, B
Hair in funny places	Cole, B
Let's talk about sex	Harris, R.; Emberley, M
The huge bag of worries	Ironside, V
I'm special	Green, J
I'm happy	Moses, B
I feel sad	Moses, B
I feel frightened	Moses, B
Now we have a baby	Rock, L
Let's talk about where babies come from	Harries, R
What did I look like when I was a baby?	Willis, J
How did I begin?	Manning, M.; Granstrom B.
Before you were born	Davies, J

## Where can I get more information about Relationships, Sexual Health and Parenthood Education?

### Conduct of Relationships

[www.gov.scot/  
publications/2014/12/8526/downloads](http://www.gov.scot/publications/2014/12/8526/downloads)

## Useful Websites

[www.nhsdirect.com](http://www.nhsdirect.com)  
[www.parentzone.org.uk](http://www.parentzone.org.uk)  
[www.fpa.org.uk](http://www.fpa.org.uk)  
[www.cool2talk.org](http://www.cool2talk.org)  
[www.bbc.co.uk](http://www.bbc.co.uk)

## Courses

Birds and Bees  
Speakeasy



## Abercromby Primary School

## Relationships, Sexual Health and Parenthood

Parent Information  
First Level

Abercromby Primary School  
4 School Road

Tullibody, FK10 2PZ

Phone: 01259 722972

Email: [abercromby@edu.clacks.gov.uk](mailto:abercromby@edu.clacks.gov.uk)



Thank you for taking the time to read  
this leaflet. We look forward to working  
in continued partnership with you.



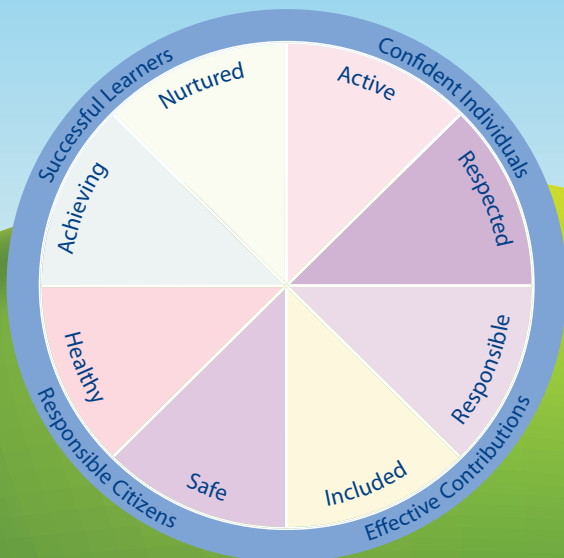
## What is the purpose of Relationships, Sexual Health & Parenthood Education?

As children grow and develop it is important that they have an opportunity to:

- understand how to maintain positive relationships with a variety of people;
- explore how thoughts, feelings, attitudes, values and beliefs can influence decisions about relationships;
- develop their understanding of the complex roles of being a parent/carer;
- learn ways in which to keep themselves safe and know where to access help and information.

## What will children and young people learn about in Relationships, Sexual Health and Parenthood Education?

Learning opportunities will be relevant and realistic, taking account of the stage of development and understanding of each child and young person.



## Learning in First Level includes:

- I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships.
- I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to.
- 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 am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication.
- I recognise that we have similarities and differences but are all unique.
- I am aware of my growing body and I am learning the correct names for its different part and how they work.
- I am learning what I can do to look after my body and who can help me.
- I am learning about respect for my body and what behaviour is right and wrong. I know who I should talk to if am worried about this.
- I am learning about where living things come from and about how they grow, develop and are nurtured.
- I am able to show an awareness of the tasks required to look after a baby.

## Children's Learning will include:

- Friendships
- Common interests
- Common Goals
- The challenges of friendships and relationships
- How to communicate feelings
- Friends disagree and sometimes fall out
- Friendships and relationships can change
- What is appropriate and inappropriate in terms of touching
- To take the views of others into consideration
- Respect for others
- Different types of family groups
- To respect differences
- Looking after their body
- Personal hygiene
- Caring for a 'baby'
- Differences between wants and needs
- What makes us unique
- Bodies changes as they grow
- How bodies change
- The life cycle
- All animals are made when a sperm (from a male) and an egg (from a female) meet
- Body parts have names
- Differences between male and female

