

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
www.parentzone.org.uk
www.fpa.org.uk
www.cool2talk.org
www.bbc.co.uk

Courses

Birds and Bees
Speakeasy



Abercromby Primary School

Relationships, Sexual Health and Parenthood

Parent Information
Second Level

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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 Second Level includes:

- I understand that a wide range of different kinds of friendships and relationships exist.
- I am aware that positive friendships and relationships can promote health and the health and wellbeing of others.
- I am identifying and practising skills to manage changing relationships and I understand the positive impact this can have on my emotional wellbeing.
- 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 how my body changes can affect how I feel about myself and how I may behave.
- I can describe the physical and emotional changes during puberty, understand why they are taking place and the importance of personal hygiene.
- I know that all forms of abuse are wrong and I am developing the skills to keep myself safe and get help if I need it.
- I am able to describe how human life begins and how a baby is born.
- I can describe the role of a parent/carer and the skills, commitment and qualities the role requires.

Children's Learning will include:

- Good relationships
- How to make and maintain friendships
- Different types of relationships
- Non-verbal communication
- Health and Wellbeing
- Facial expression
- Body language
- Definition of abuse
- Strategies to say 'no'
- How to seek help
- Physical and emotional changes during puberty
- Puberty
- The correct terminology for parts of the body
- Changes which occur during puberty
- Menstruation
- Pregnancy and birth
- The process of sexual intercourse
- Fertilisation sperm and egg
- Conception
- Birth and labour
- Emotional Wellbeing
- Loss grief and related emotions
- The role of a parent
- Love, teach and nurture
- Recognise that being a parent can be difficult at times

