

# LEARNING AT SCHOOL:

## Information for parents and carers about learning at Early Level



When your child is in an early learning centre, nursery or in P1 at school we say that they are learning at Early Level. For some children learning at this Level can be later. Part of every child's learning is about **families and friendships**, that **every child is unique and special, their bodies, feelings and making choices** and **looking after living things**. This is part of our Health and Wellbeing learning called *Relationships, Sexual Health and Parenthood* education. Here are the main things we learn about at this Level:

### When it comes to families and friendships, children learn:

- That all our families are different, and that people who are important to the children provide care and love.
- How to make and keep friendships, thinking about how they get along with other children, play together, co-operate and share. This can include learning about personal space and to recognise and respect how another person is feeling.
- About the importance of kindness and showing kindness to others.

### When it comes to every child being unique and special children learn:

- That people are individual and unique.
- About the similarities and differences among children in their group.
- To understand that treating someone badly based on a difference is not okay.

### When it comes to their bodies, children learn about:

- Names for parts of their body – and that parts of their body are private.
- Keeping clean and why this is important – learning about hand washing and brushing teeth.

### When it comes to feelings and making choices children learn:

- To recognise and express their feelings, including when they might feel safe or unsafe, happy or worried.
- To identify adults that they can go to if they have a question or a worry, introducing the idea of trust.

### When it comes to looking after them and other living things children learn about:

- Where living things come from.
- The needs of plants, animals and babies.
- That there are professional people who help and care for them, like nursery staff, teachers, doctors or nurses.

### How do we learn at school?

Children are curious. They are really interested in how people get on and learning about their bodies. While learning at your child's centre or school is important, children are of course very dependent on their parents and carers to look after them, love and care for them and help them learn behaviours and values for life. For children learning at Early Level a lot of our learning together is about talking and playing. Staff will use conversations, games, drawing and story books to support learning about health and wellbeing. You can find out more about the learning activities we use on this national resource: <https://rshp.scot/early-years/>

# LEARNING AT SCHOOL:

## Information for parents and carers about learning at First Level



When your child is in P2, P3 or P4 we say that they are learning at First Level. For some children learning at this Level can also be later. Part of our learning at school is about **relationships, growing up and their bodies**. This is part of our Health and Wellbeing learning called *Relationships, Sexual Health and Parenthood* education. Here are the main things we learn about at this Level:

### When it comes to relationships children learn about:

- What makes them unique
- Families, and how all our families are different
- The different adults who might care for children – like teachers, support staff in school or medical staff
- Making and having friends
- Being a boy and a girl and that they can be any kind of boy or girl they want to be
- What makes people alike and what makes us different (diversity)
- Respect for others and the importance of being kind.

### When it comes to growing up and their body children learn about:

- Making choices and decisions
- Looking after their body and keeping clean
- How their bodies change as they grow
- Names of parts of their body and names for private body parts; we use the words penis, vagina, bottom, nipples
- Parts of their body are private
- Other people should not touch the private parts of their body
- What behaviour is okay in public and what is okay in private (for example pulling pants up before leaving the bathroom).

### When it comes to how life begins, pregnancy and birth children learn about:

- The life cycles of plants and animals
- What a baby/offspring needs and how to care for them.

### How do we learn at school?

Children at this age are curious. They are really interested in how people get on, learning about their bodies and about babies. While learning at school is important they are also very dependent on their parents and carers to look after them, love and care for them and help them learn behaviours and values for life. For children this age a lot of our learning together is about talking and playing. At school we will use conversations, games, drawing and story books to support learning about health and wellbeing. You can find out more about the learning activities we use on this national resource:

<https://rshp.scot/first-level/>

# LEARNING AT SCHOOL:

## Information for parents and carers about learning at Second Level



When your child is in P5, P6 or P7 we say that they are learning at Second Level. For some children learning at this Level can also be earlier or later. Part of our learning at school is about relationships, being safe, growing up, their bodies, how human life begins, pregnancy and birth and identifying the role of a parent/carer. This is part of our Health and Wellbeing learning called Relationships, Sexual Health and Parenthood education.

### **When it comes to relationships children learn about:**

- What makes them unique and what makes people alike/different (diversity)
- Making and having friends
- Being a boy and a girl, and that they can be any kind of boy or girl they want to be
- Loving relationships and being attracted to others
- Respect for others and the importance of being kind – in our face-to-face relationships and online.
- Discrimination

### **When it comes to being safe children learn about:**

- Social media and being safe and smart online
- Feeling safe and unsafe
- Different kinds of abuse and neglect that can happen to a child
- What we mean by consent
- Who they can go to for help and support.

### **When it comes to growing up and learning about their body children learn about:**

- Making choices and decisions
- Looking after their body and keeping clean
- Puberty and how the bodies and emotions of both girls and boys change as they grow
- Menstruation

### **When it comes to conception, pregnancy, birth and being a parent/carer children learn about:**

- Conception
- Pregnancy and how a baby is born
- The role of the parent/carer – understanding how to care for a baby

### **How do we learn at school?**

Children at this age are curious. They are really interested in how people get on, learning about their bodies and will have questions about sex. While learning at school is important they are also very dependent on their parents and carers to look after them, love and care for them and help them learn behaviours and values for life. At school we will use conversations, games, drawing and story books to support learning about health and wellbeing. You can find out more about the learning activities we use on this national resource: <https://rshp.scot/second-level/>