

Parenthood – Key Vocabulary		
commitment	love	sense of humour
patience	financial	healthy
social	Emotional	happy
Physical	feelings	safe
separation	support	rights
protect	nurture	Parent/carer

Relationships – Key Vocabulary		
confidentiality	respect	self-esteem
body language	disclose	characteristics
types of abuse	power dynamics	peer pressure
empathy	resilience	trust
safety network	secure	safe/dangerous
healthy relationships	unhealthy relationships	consent
boundaries	Sexuality	gender identity
gay	lesbian	Bisexual
transgender	heterosexual	LGBT+

Sexual Health – Key Vocabulary	
testicles	bladder
penis	vagina
scrotum	vulva
foreskin	cervix
breasts	labia
egg, uterus/womb, period/menstruation	Sperm
Mood swings	Hormones
Erections (P6/7)	pubic hair
Wet dreams (P6/7)	Masturbation (P6/7)
Clitoris (P7 or S1)	sexual intercourse (P6/7)

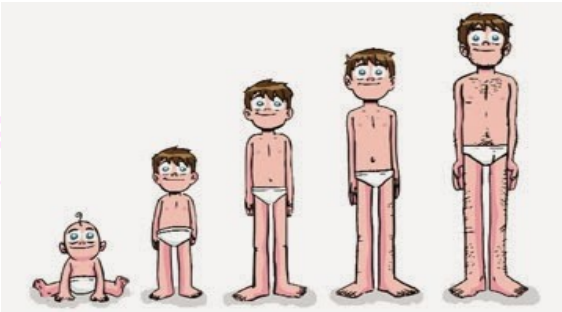
**Cyber Awareness and Digital Resilience**



**Emotional wellbeing and Relationships**



**Puberty**



**Relationships, Sexual Health and Parenthood**

**Parent Information Second Level**



**East Ayrshire Council**

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# Information for parents and carers about learning at Second Level

## Learning at school

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, birth and being a parent/carer.

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 and what makes people alike and what makes us 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.

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.
- What 'having sex' is and about.



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

- How a baby is made (conception)
- Pregnancy and how a baby is born
- Being a parent and thinking about what kind of parent they would be.



## 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.



For children learning at Second Level a lot of our learning together is about talking and playing, so 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 used in this national resource and view the curriculum for Excellence Experiences/Outcomes and Benchmarks for Relationships, Sexual Health and Parenthood at Second level by visiting:

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