 James Hamilton Primary School & Sgoil na Coille Nuaidh

**First Level P2 - P4**

**Health and Wellbeing – Relationships, Sexual Health and Parenthood**

During this Term as part of the First Level Health and Wellbeing curriculum, our children will be learning about Relationships, Sexual Health and Parenthood (RSHP). The topic includes the study of the following experiences and outcomes:

* I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships. **HWB 1-44a**
* I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to. **HWB 1-44b**
* 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. **HWB 1-45a**
* I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication. **HWB 1-45b**
* I recognise that we have similarities and differences but are all unique. **HWB 1-47a**
* I am aware of my growing body and I am learning the correct names for its different parts and how they work. **HWB 1-47b**
* I am learning what I can do to look after my body and who can help me. **HWB 1-48a**
* I am learning about respect for my body and what behaviour is right and wrong. I know who I should talk to if I am worried about this. **HWB 1-49a**
* I am learning about where living things come from and about how they grow, develop and are nurtured. **HWB 1-50a**
* I am able to show an awareness of the tasks required to look after a baby. **HWB 1-51a**

Our local authority is committed to the provision of quality teaching in Relationships, Sexual Health and Parenthood education in accordance with National Guidelines. It forms a key element of personal, social and health education in schools and is an important part of children’s preparations for adult life. The purpose of RSHP is to provide the learners with an understanding of how to maintain positive relationships. In addition, pupils are encouraged to consider how thoughts, feelings, attitudes, values and beliefs can influence decisions about relationships.

It is very important when taking into account the age and stage of the child that we take steps to use a common vocabulary to describe our emotions, feelings and body parts. The vocabulary which the teachers will encourage the First Level children to use is shown below

First Level Vocabulary

Relationships – family, friends, peers, relationships, friendship, feelings, positive, kindness, trust, agree/disagree, empathy, resilience, worries, communicate & trusted adult.

Sexual Health – bottom, nipples, vulva, womb, ovaries, penis, testicles, scrotum, private, public, personal hygiene pants, safe, worried, trusted adult & Rights of the Child (UNCRC).

Parenthood – caring, family, love, brother, sister, helping, breastfeeding, cuddles, changing, feeding, growing, nappy, pregnant/pregnancy, sleep & safe.