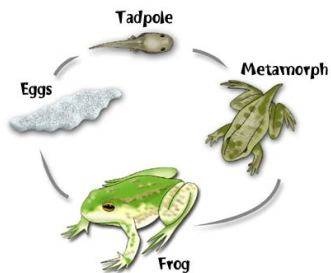


### Life Cycles in Science



### Different types of Families and Parenthood



### Emotional wellbeing



### Friendships and relationships



### Parenthood - Key Vocabulary

caring	family	love
brother	sister	helping
breastfeeding	cuddles	changing
feeding	growing	nappy
Pregnant/ pregnancy	sleep	safe

### Relationships - Key Vocabulary

family	friends	peers
relationships	friendship	feelings
positive	kindness	trust
Agree/ disagree	empathy	resilience
worries	communicate	Trusted adult

### Sexual health - Key Vocabulary

bottom	nipples	vulva
womb	ovaries	penis
testicles	scrotum	private
public	Personal hygiene	pants
safe	worried	Trusted adult

United Nations Convention on the Rights of the child (UNCRC)

# Relationships, Sexual Health and Parenthood

Parent Information  
First Level Leaflet



## East Ayrshire Council

Updated March 2021



# Information for parents and carers about learning at First Level

## Learning at school

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, their bodies and what we call the baby's story.

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, vulva, 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 **human life begins, pregnancy** and **birth** children learn about:

- The life cycles of plants and animals.
- How a baby is made (conception)
- Pregnancy and how a baby is born.
- What a baby needs and 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 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 learning at First 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 First level by visiting:

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