**RSHP Resources Second level with linked Experiences and Outcomes**

### To begin

**I can describe the physical and emotional changes during puberty, understand why they are taking place and the importance of personal hygiene. HWB 2-48a**

### My body

Part 1: Names of parts of my body

* + [**Names of parts of my body (Activity plan)**](https://rshp.scot/wp-content/uploads/2021/02/Part-1.-Names-of-parts-of-my-body-Activity-plan.pdf)
	+ [**Names of parts of my body (Slides)**](https://rshp.scot/wp-content/uploads/2021/02/Part-1.-My-Body-Part-1-Names-of-parts-of-my-body-Slides-June-2020.pptx) **– amended resource**
	+ [**Names of parts of my body (Prop 1)**](https://rshp.scot/wp-content/uploads/2021/02/Part-1.-Names-of-parts-of-my-body-Prop-1.pdf)
	+ [**Names of parts of my body (Prop 2)**](https://rshp.scot/wp-content/uploads/2021/02/Part-1.-Male-and-Female-Sex-organs-Unlabelled-Activity-Prop-2.pdf) **– amended resource**
	+ [**Names of parts of my body (Prop 3)**](https://rshp.scot/wp-content/uploads/2021/02/Part-1.-Male-and-Female-Sex-organs-Labelled-Activity-Prop-3.pdf) **– amended resource**

Part 2: My body is changing (incl menstruation)

* + [**My body is changing (Activity plan)**](https://rshp.scot/wp-content/uploads/2020/02/Part-2.-My-body-is-changing-Activity-plan_2.2020.pdf)
	+ [**My body is changing (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/My-Body-Part-2-My-body-is-changing_2.2020-June-2020.pptx) **– Not being used, better materials elsewhere (See framework)**

Part 3: Feelings and puberty

* + [**Feelings and puberty (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/Part-3.-Feelings-and-Puberty-Activity-plan.pdf)
	+ [**Feelings and puberty (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/My-Body-Part-3.-Feelings-and-Puberty-JUNE-2020.pptx)
	+ [**Feelings and puberty (Prop)**](https://rshp.scot/wp-content/uploads/2019/07/Part-3.-Feelings-and-puberty-Prop.pdf)

Part 4: Personal hygiene

* + [**Personal Hygiene (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/Part-4.-Personal-Hygiene-Activity-plan.pdf)
	+ [**Personal Hygiene (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/My-body-Part-4-Personal-Hygiene-June-2020.pptx)

**I understand that a wide range of different kinds of friendships and relationships exist.  HWB 2-44a**

**I am aware that positive friendships and relationships can promote health and the health and wellbeing of others.  HWB 2-44b**

**I am identifying and practising skills to manage changing relationships and I understand the positive impact this can have on my emotional wellbeing. HWB 2-45a**

**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 2-45b**

### Friends and friendship

Part 1: What is a friend?

* + [**What is a friend? (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/07/Part-1.-What-is-a-friend-Activity-plan.pdf)
	+ [**What is a friend? (Slides)**](https://rshp.scot/wp-content/uploads/2019/07/Part-1.-What-is-a-friend-Slides.pptx)
	+ [**What is a friend? (Prop 1)**](https://rshp.scot/wp-content/uploads/2019/07/Part-1.-What-is-a-friend-Prop-1.pdf)
	+ [**What is a friend? (Prop 2)**](https://rshp.scot/wp-content/uploads/2019/07/Part-1.-What-is-a-friend-Prop-2.pdf)

Part 2: Making and Keeping Friends

* + [**Making and Keeping friends (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/07/Part-2.-Making-and-Keeping-Friends-Activity-plan.pdf)
	+ [**Making and keeping friends (Slides)**](https://rshp.scot/wp-content/uploads/2019/07/Part-2.-Making-and-keeping-friends-Slides.pptx)
	+ [**Making and keeping friends (Prop)**](https://rshp.scot/wp-content/uploads/2019/07/Part-2.-Making-and-keeping-friends-Prop.pdf)

Part 3: Online-Offline Friends

* + [**Online-Offline Friends (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/07/Part-3.-Online-Offline-Friends-Activity-plan-1.pdf)
	+ [**Online-offline Friends (Slides)**](https://rshp.scot/wp-content/uploads/2019/07/Part-3.-Online-offline-Friends-Slides.pptx)
	+ [**Online-offline Friends (Prop)**](https://rshp.scot/wp-content/uploads/2019/07/Part-3.-Online-offline-friends-Prop.pdf)

**I understand that a wide range of different kinds of friendships and relationships exist.  HWB 2-44a**

**I am aware that positive friendships and relationships can promote health and the health and wellbeing of others.  HWB 2-44b**

### A fair and equal life for girls and boys

Part 1: Stereotypes and Equality

* + [**Stereotypes and Equality (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/07/Part-1.-Stereotypes-and-Equality-Activity-plan.pdf)
	+ [**Stereotypes and Equality (Slides)**](https://rshp.scot/wp-content/uploads/2019/07/Part-1.-Stereotypes-and-Equality-Slides.pptx)
	+ [**Stereotypes and Equality (Prop)**](https://rshp.scot/wp-content/uploads/2019/07/Part-1.-Stereotypes-and-Equality-Prop.pdf)

Part 2: Being Fair

* + [**Being fair (Activity Plan)**](https://rshp.scot/wp-content/uploads/2019/08/Part-2.-Being-Fair-Activity-Plan.pdf)
	+ [**Being fair (Slides)**](https://rshp.scot/wp-content/uploads/2019/07/Part-2.-Being-Fair-Slides.pptx)
	+ [**Being fair (Prop)**](https://rshp.scot/wp-content/uploads/2019/07/Part-2.-Being-Fair-Prop.pdf)

Part 3: Being transgender

* [**Being transgender (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/07/Part-3.-Being-transgender-Activity-plan.pdf)
* [**Being transgender (Slides)**](https://rshp.scot/wp-content/uploads/2019/07/Part-3.-Being-transgender-Slides.pptx)

**Not being used - covered at 3rd level**

**I am identifying and practising skills to manage changing relationships and I understand the positive impact this can have on my emotional wellbeing. HWB 2-45a**

**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 2-45b**

**I recognise that how my body changes can affect how I feel about myself and how I may behave. HWB 2-47a**

### My senses: Things I like, things I don’t like

* [**My senses (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/My-senses-Activity-plan.pdf)
* [**My senses (Slides)**](https://rshp.scot/wp-content/uploads/2019/07/My-senses-Slides.pptx)
* [**My senses (Prop)**](https://rshp.scot/wp-content/uploads/2019/07/My-senses-Prop.pdf)

**I am identifying and practising skills to manage changing relationships and I understand the positive impact this can have on my emotional wellbeing. HWB 2-45a**

**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 2-45b**

**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.  HWB 2-49a**

### Consent

Part 1: What is consent?

* + [**What is consent? (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/10/Part-1.-What-is-consent-Activity-plan.pdf)
	+ [**What is consent? (Slides)**](https://rshp.scot/wp-content/uploads/2019/08/Part-1.-Consent-Slides.pptx)

Part 2: My body is mine

* + [**My body is mine (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/10/Part-2.-My-body-is-mine-Activity-plan.pdf)
	+ [**My body is mine (Slides)**](https://rshp.scot/wp-content/uploads/2019/07/Part-2-Consent-My-body-is-mine-Slides.pptx)

**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 2-45b**

### Social media and popular culture

Part 1: Where do we go online?

* + [**Where do we go online? (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/12/Part-1.-Where-do-we-go-online-Activity-plan-November-2019.pdf)
	+ [**Where do we go online? (Slides)**](https://rshp.scot/wp-content/uploads/2019/07/Part-1.-Where-do-we-go-online-Slides.pptx)
	+ [**Where do we go online? (Prop)**](https://rshp.scot/wp-content/uploads/2019/07/Part-1.-Where-do-we-go-online-Prop.pdf)

Part 2: Being smart online

* + [**Being smart online (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/12/Part-2.-Being-smart-online-Activity-plan-November-2019.pdf)
	+ [**Being smart online (Slides)**](https://rshp.scot/wp-content/uploads/2019/07/Part-2.-Being-smart-online-Slides.pptx)
	+ [**Being smart online (Prop)**](https://rshp.scot/wp-content/uploads/2019/07/Part-2.-Being-smart-online-Prop.pdf)

**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.  HWB 2-49a**

### Protecting me/Abuse and relationships

Part 1: When I feel safe / Feel unsafe

* + [**When I feel safe / Feel unsafe (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/09/Part-1.-When-I-feel-safe-feel-unsafe-Activity-plan.pdf)
	+ [**When I feel safe / Feel unsafe (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/Protecting-Me-Part-1.-When-I-feel-safe-unsafe-Slides-June-2020.pptx)
	+ [**When I feel safe / Feel unsafe (Prop 1)**](https://rshp.scot/wp-content/uploads/2019/07/Part-1.-When-I-feel-safe-unsafe-Prop-1.pdf)
	+ [**When I feel safe / Feel unsafe (Prop 2)**](https://rshp.scot/wp-content/uploads/2019/07/Part-1.-When-I-feel-safe-unsafe-Prop-2.pdf)
	+ [**When I feel safe / Feel unsafe (Prop 3)**](https://rshp.scot/wp-content/uploads/2019/07/Part-1.-When-I-feel-safe-unsafe-Prop-3.pdf)

Part 2: My 5 trusted individuals

* + [**My 5 trusted individuals (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/Part-2.-My-5-trusted-individuals-Activity-plan.pdf)
	+ [**My 5 trusted individuals (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/Protecting-Me-Part-2.-My-5-trusted-individuals-June-2020.pptx)
	+ [**My 5 trusted individuals** **(Prop)**](https://rshp.scot/wp-content/uploads/2019/07/Part-2.-My-5-trusted-individuals-Prop.pdf)

Part 3: Bullying

* + [**Bullying (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/Part-3.-Bullying-Activity-plan.pdf)
	+ [**Bullying (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/Protecting-me-Part-3.-Bullying-Slides-June-2020.pptx)
	+ [**Bullying (Prop)**](https://rshp.scot/wp-content/uploads/2019/07/Part-3.-Bullying-Prop.pdf)

Part 4: Physical Abuse and Neglect

* + [**Physical Abuse and Neglect (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/Part-4.-Physical-abuse-and-neglect-Activity-plan.pdf)
	+ [**Physical Abuse and Neglect (Slides)**](https://rshp.scot/wp-content/uploads/2019/07/Part-4.-Physical-abuse-and-neglect-Slides.pptx)
	+ [**Physical Abuse and Neglect (Prop)**](https://rshp.scot/wp-content/uploads/2020/06/Protecting-Me-Part-4.-Physical-abuse-and-neglect-Slides-June-2020.pptx)

Part 5: Sexual abuse

* + [**Sexual abuse (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/Part-5.-Sexual-abuse-Activity-plan.pdf)
	+ [**Sexual Abuse (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/Protecting-Me-Part-5.-Sexual-abuse-June-2020.pptx)

### Progression 1

**I recognise that how my body changes can affect how I feel about myself and how I may behave. HWB 2-47a**

### Emotional wellbeing and body image

Part 1: My Feelings

* + [**My Feelings (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/Part-1.-My-Feelings-activity-plan.pdf)
	+ [**My Feelings (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/Emotional-Wellbeing-Part-1.-My-Feelings-Slides-June-2020.pptx)
	+ [**My Feelings (Prop)**](https://rshp.scot/wp-content/uploads/2019/07/Part-1.-My-feelings-Prop.pdf)

Part 2: My Body

* + [**My Body (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/Part-2.-My-Body-Activity-plan.pdf)
	+ [**My Body (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/Emotional-Wellbeing-Part-2.-My-Body-Slides-June-2020.pptx)

Part 3: When I feel sad or worried

* + [**When I feel sad or worried (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/Part-3.-When-I-feel-sad-or-worried-Activity-plan.pdf)
	+ [**When I feel sad or worried (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/Emotional-Wellbeing-Part-3.-When-I-feel-sad-or-worried-Slides-June-2020.pptx)
	+ [**When I feel sad or worried (Prop)**](https://rshp.scot/wp-content/uploads/2019/07/Part-3.-When-I-feel-sad-or-worried-Prop.pdf)

**I understand that a wide range of different kinds of friendships and relationships exist.  HWB 2-44a**

**I am aware that positive friendships and relationships can promote health and the health and wellbeing of others. HWB 2-44b**

**I am identifying and practising skills to manage changing relationships and I understand the positive impact this can have on my emotional wellbeing. HWB 2-45a**

**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 2-45b**

### Love and relationships

Part 1: What is love?

* + [**What is Love? (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/07/Part-1.-What-is-love-Activity-plan.pdf)
	+ [**What is Love? (Slides)**](https://rshp.scot/wp-content/uploads/2019/07/Part-1.-What-is-love-Slides.pptx) **– amended resource**

Part 2: Being attracted to someone

* + [**Being attracted to someone (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/Part-2.-Being-attracted-to-someone-Activity-plan.pdf)
	+ [**Being attracted to someone (Slides)**](https://rshp.scot/wp-content/uploads/2019/07/Part-2.-Being-attracted-to-someone-Slides.pptx) **- Slide 4 removed**
	+ [**Being attracted to someone (Prop)**](https://rshp.scot/wp-content/uploads/2019/07/Part-2.-Being-attracted-to-someone-Prop.pdf)

**I am able to describe how human life begins and how a baby is born.  HWB 2-50a**

### Sex: How people have sex/what do they do?

* [**How do people have sex? (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/07/Sex-How-do-people-have-sex-Activity-plan.pdf)
* [**How do people have sex? (Slides)**](https://rshp.scot/wp-content/uploads/2019/07/Sex-How-do-people-have-sexSlides.pptx)

**I am able to describe how human life begins and how a baby is born.  HWB 2-50a**

### How human life begins – pregnancy – birth

* [**How human life begins – pregnancy – birth (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/How-human-life-begins-pregnancy-birth-Activity-plan.pdf)
* [**How human life begins – pregnancy – birth (Slides)**](https://rshp.scot/wp-content/uploads/2020/03/How-human-life-begins-pregnancy-and-birth.pptx)

**I can describe the role of a parent/carer and the skills, commitment and qualities the role requires.  HWB 2-51a**

### Being a parent/carer

Part 1: What does a parent/carer need to know and do?

* + [**What does a parent/carer need to know and do? (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/09/Part-1.-What-does-a-parent-carer-need-to-know-and-to-do-Activity-plan.pdf)
	+ [**What does a parent/carer need to know and do? (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/Being-a-parent-Part-1.-What-does-a-parent-carer-need-to-know-and-to-do-Slides-June-2020.pptx)

Part 2: If I were a parent or carer

* + [**If I were a parent or carer (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/07/Part-2.-If-I-were-a-parent-or-carer-Activity-plan.pdf)
	+ [**If I were a parent or carer (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/Being-a-parent-Part-2.-If-I-were-a-parent-or-carer-Slides-June-2020.pptx)

### Progression 2

**I recognise that how my body changes can affect how I feel about myself and how I may behave. HWB 2-47a**

### Understanding Human Sexuality - Section not required to be used

**I can describe the physical and emotional changes during puberty, understand why they are taking place and the importance of personal hygiene. HWB 2-48a**

### Menstruation

* [**Menstruation (Activity plan)**](https://rshp.scot/wp-content/uploads/2020/06/Menstruation-Activity-plan-June-2020.pdf)
* [**Menstruation (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/Menstruation-June-2020.pptx) **– amended resource**

**I am able to describe how human life begins and how a baby is born.  HWB 2-50a**

### How adults plan and prevent a pregnancy: contraception and condoms

* [**How adults plan and prevent pregnancy – Contraception and Condoms (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/How-adults-plan-and-prevent-pregnancy-Contraception-and-Condoms-Activity-plan.pdf)
* [**How adults plan and prevent pregnancy – Contraception and Condoms (Slides)**](https://rshp.scot/wp-content/uploads/2019/07/How-adults-plan-and-prevent-pregnancy-Contraception-and-Condoms-Slides.pptx)

**Not being used as deemed as inappropriate for age/stage**