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| **Curriculum For Excellence: HWB**  **Experiences and Outcomes: SECOND LEVEL** | **Please tick ✓** | | | **Comments** |
| **Mental and Emotional wellbeing** | | | | |
| I am aware of and able to express my feelings and am developing the ability to talk about them.  **HWB 2-01a** |  |  |  |  |
| I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.  **HWB 2-02a** |  |  |  |  |
| I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances.  **HWB 2-03a** |  |  |  |  |
| I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.  **HWB 2-04a** |  |  |  |  |
| I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.  **HWB 2-05a** |  |  |  |  |
| I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available.  **HWB 2-06a** |  |  |  |  |
| I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss.  **HWB 2-07a** | **Please tick ✓** | | | **Comments** |
| I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support.  **HWB 2-08a** |  |  |  |  |
| **Social wellbeing** | | | |
| As I explore the rights to which I and others are entitled, I am able to exercise these rights appropriately and accept the responsibilities that go with them. I show respect for the rights of others.  **HWB 2-09a** |  |  |  |  |
| I recognise that each individual has a unique blend of abilities and needs. I contribute to making my school community one which values individuals equally and is a welcoming place for all.  **HWB 2-10a** |  |  |  |  |
| I make full use of and value the opportunities I am given to improve and manage my learning and, in turn, I can help to encourage learning and confidence in others.  **HWB 2-11a** |  |  |  |  |
| Through contributing my views, time and talents, I play a part in bringing about positive change in my school and wider community.  **HWB 2-13a** |  |  |  |  |
| I value the opportunities I am given to make friends and be part of a group in a range of situations.  **HWB 2-14a** |  |  |  |  |
|  | **Please tick ✓** | | | **Comments** |
| **Physical activity and health** | | | |
| I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health.  **HWB 2-15a** |  |  |  |  |
| I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible.  **HWB 2-16a** |  |  |  |  |
| I know and can demonstrate how to keep myself and others safe and how to respond in a range of emergency situations.  **HWB 2-17a** |  |  |  |  |
| **Planning for choices and changes**  **Expectations and Aspirations** | | | |
| Opportunities to carry out different activities and roles in a variety of settings have enabled me to identify my achievements, skills and areas for development. This will help me to prepare for the next stage in my life and learning.  **HWB 2-19a** |  |  |  |  |
| I am investigating different careers/occupations, ways of working, and learning and training paths. I am gaining experience that helps me recognise the relevance of my learning, skills and interests to my future life. **HWB 2-20a** |  |  |  |  |
|  | **Please tick ✓** | | | **Comments** |
| While working and learning with others, I improve my range of skills, demonstrate tactics and achieve identified goals.  **HWB 2-23a** |  |  |  |  |
| By reflecting on my own and others' work and evaluating it against shared criteria, I can recognise improvement and achievement and use this to progress further. **HWB 2-24a** |  |  |  |  |
| I am experiencing enjoyment and achievement on a daily basis by taking part in different kinds of energetic physical activities of my choosing, including sport and opportunities for outdoor learning, available at my place of learning and in the wider community.  **HWB 2-25a** |  |  |  |  |
| **Relevance of learning to future choices** | | | |
| **Physical activity and health** |  | | |
| **Diet rest and Sleep** |
| I can explain why I need to be active on a daily basis to maintain good health and try to achieve a good balance of sleep, rest and physical activity. **HWB 2-27a** |  |  |  |  |
| I can explain the links between the energy I use while being physically active, the food I eat, and my health and wellbeing.  **HWB 2-28a** |  |  |  |  |
| **Substance Misuse** |  | | |
| **Use of substances** |
| I understand the effect that a range of substances including tobacco and alcohol can have on the body.  **HWB 2-38a** |  |  |  |  |
|  | **Please tick ✓** | | | **Comments** |
| I know that popular culture, the media and peer groups as well as my own attitudes and values can influence how I feel about substance use and recognise the impact this may have on my actions.  **HWB 2-39a** |  |  |  |  |
| I know that alcohol and drugs can affect people's ability to make decisions. **HWB 2-40a** |  |  |  |  |
| I can identify the different kinds of risks associated with the use and misuse of a range of substances. **HWB 2-41a** |  |  |  |  |
| **Action in unsafe situations** |  | | |
| I know of actions I can take to help someone in an emergency.  **HWB 2-42a** |  |  |  |  |
| I understand the impact that misuse of substances can have on individuals, their families and friends. **HWB 2-43a** |  |  |  |  |
| **Relationships, sexual health and parenthood** |  | | |
| **Positive Relationships** |  |
| 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** |  |  |  |  |
|  | **Please tick ✓** | | | **Comments** |
| 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** |  |  |  |  |
| **Physical Changes** |  | | |
| I recognise that how my body changes can affect how I feel about myself and how I may behave.  **HWB 2-47a** |  |  |  |  |
| 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** |  |  |  |  |
| 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** |  |  |  |  |
| **Role of Parent/carer** |  | | |
| I am able to describe how human life begins and how a baby is born.  **HWB 2-50a** |  |  |  |  |
| I can describe the role of a parent/carer and the skills, commitment and qualities that the role requires. **HWB 2-51a** |  |  |  |  |