

Health & Wellbeing Outcomes, Relationships, Sexual Health and Parenthood

Covered in the SHARE pack:

<p>I understand the importance of being cared for and caring for others in relationships, and can explain why. HWB 3-44a/HWB 4-44</p>	<p>4 Relationships</p>
<p>I understand and can demonstrate the qualities and skills required to sustain different types of relationships. HWB 3-44b/HWB 4-44b</p>	<p>4 Relationships 9 Planning to keep safe 10 Good communication 11 Practising the skills to say no 12 Condom use skills</p>
<p>I understand and can explain the importance of, and need for, commitment, trust and respect in loving and sexual relationships. I understand the different contexts of such relationships including marriage. HWB 3-44c/HWB 4-44c</p>	<p>14 What is sex? 16 Resisting pressure 17 Experiences of first intercourse</p>
<p>I recognise that power can exist within relationships and can be used positively as well as negatively. HWB 3-45a/HWB 4-45a</p>	<p>4 Relationships 9 Planning to keep safe 16 Resisting pressure</p>
<p>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 3-45b/HWB 4-45b</p>	<p>4 Relationships 10 Good communication skills 11 Practising the skills to say no 20 negotiating condom use</p>
<p>I reflect on how my attitudes, beliefs, values and morality can influence my decisions about friendships, relationships and sexual behaviour. HWB 3-46a/HWB 4-46a</p>	<p>1 Starting out 2 Talking about sex (and bodies) 4 Relationships 16 Resisting pressure 17 First experiences of sex 22 What would you do?</p>
<p>I know that popular culture, the media and peer pressure can influence how I feel about myself and the impact this may have on my actions. HWB 3-46b/HWB 4-46b</p>	<p>5 Being male or female 15 Safety and choices around sex 16 Resisting pressure</p>
<p>I am developing skills for making decisions about my relationships and sexual behaviour. I am able to apply these to situations that may be challenging or difficult. HWB 3-46c/HWB 4-46c</p>	<p>7 Sexual activity, pregnancy and contraception 8 Sexual activity and STIs 9 Planning to keep safe 10 Good communication skills 11 Practising the skills to say no 12 Condom use skills 16 Resisting pressure 20 Negotiating condom use 22 What would you do?</p>
<p>I understand my own body's uniqueness, my developing sexuality, and that of others. HWB 3-47a/HWB 4-47a</p>	<p>2 Talking about sex (and bodies) 5 Being male or female 6 Learning about sex</p>

Using what I have learned I am able to make informed decisions and choices that promote and protect my own and others' sexual health and wellbeing. HWB 3-47b/HWB 4-47b	6 Learning about sex 9 Planning to keep safe 13 Revising sexual health 1 17 Experiences of first intercourse 21 Revising sexual health 2
I know how to access services, information and support if my sexual health and wellbeing is at risk. I am aware of my rights in relation to sexual health including my right to confidentiality, and my responsibilities, including those under the law. HWB 3-48a/HWB 4-48a	19 Where to go for help
I know how to manage situations concerning my sexual health and wellbeing and am learning to understand what is appropriate sexual behaviour. HWB 3-49a/HWB 4-49a	11 Practising the skills to say no 12 Condom use skills 16 Resisting pressure 17 Experiences of first Intercourse
I know where to get support and help with situations involving abuse and I understand that there are laws that protect me from different kinds of abuse. HWB 3-49b/HWB 4-49b	19 Where to go for help
I can explain the importance and the enduring and complex responsibility of being a parent/carer, and the impact on life choices and options. HWB 3-51a/HWB 4-51a	18 Pregnancy and parenthood
Through investigation I can explain the support available for parents and carers looking after babies and bringing up children. HWB 4-51b	Not covered in SHARE
I can explain the support and care necessary to ensure a child is nurtured through the different stages of childhood HWB 3-51b	Not covered in SHARE

SHARE has the potential to contribute to the following experiences and outcomes:

Substance misuse

After assessing options and the consequences of my decisions, I can identify safe and unsafe behaviours and actions.

HWB 3-41a/HWB 4-41a

I know that the use of alcohol and drugs can affect behaviour and the decisions that

people make about relationships and sexual health.

HWB 3-41b/HWB 4-41b

Mental, emotional, social and physical wellbeing

I understand that there are people that 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 situations.

HWB 3-03a/HWB 4-03a

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 3-05a/HWB 4-05a

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 3-09a

I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible

The updated pack has more of a focus on social media, online relationships and the potential for discussions to touch on pornography

'Sexting' has been conventionally defined as 'exchange of sexual messages or images' (Livingstone et al., 2011) and 'the creating, sharing and forwarding of sexually suggestive nude or nearly nude images' (Lenhart, 2009) through mobile phones and/or the internet (NB 'sexting' is not a term used by young people). The Child Exploitation and Online Protection Centre (CEOP) has been concerned about this growing trend in young people taking indecent pictures of themselves and others using mobile phones, which can then be easily shared. There is evidence that self-taken images can increase the risk of distress, bullying, and in extreme cases, child sexual exploitation. Young people should be aware of the risk of charges being brought against them should they be found in possession of indecent images of children (whether accessed wittingly or not). Education has a key role to play in preventing these outcomes. CEOP has produced a range of resources for use in schools, including a film aimed at encouraging

young

people to think about the possible implications of their actions Social networking sites can be used to sexually bully or harass young people.

AWARENESS RAISING SESSIONS 2-3 hrs - CSE, SEXUALISATION OF YP & PORNOGRAPHY BEING DEVELOPED.

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