**Hillhead Primary Relationships,Sexual Health and Parenthood Programme**

**Second Level Primary 5**

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| **Lesson Title (s)** | **Lesson Links** |
| 1. To begin: Friends and friendship: What is a friend?  2. To begin: Friends and friendship: Making and Keeping friends  3. To begin: Friends and Friendship: Online/Offline friends | 1. [Part-1.-What-is-a-friend-Activity-plan-1.pdf](https://rshp.scot/wp-content/uploads/2024/01/Part-1.-What-is-a-friend-Activity-plan-1.pdf)  2. [Part-2.-Making-and-keeping-friends-Activity-Plan-1.pdf](https://rshp.scot/wp-content/uploads/2024/01/Part-2.-Making-and-keeping-friends-Activity-Plan-1.pdf)  3. [Part-3.-Online-Offline-Friends-Activity-plan-1.pdf](https://rshp.scot/wp-content/uploads/2024/01/Part-3.-Online-Offline-Friends-Activity-plan-1.pdf) |
| 1. Protecting me/Abuse and relationships. Part 1: When I feel safe / Feel unsafe  2. Part 2: My 5 trusted individuals. My 5 trusted individuals (Activity plan)  3.Part 3: Bullying | 1. [Part-1.-When-I-feel-safe-feel-unsafe-Activity-plan-1.pdf](https://rshp.scot/wp-content/uploads/2024/01/Part-1.-When-I-feel-safe-feel-unsafe-Activity-plan-1.pdf)  2. [Part-2.-My-5-trusted-individuals-Activity-plan-1.pdf](https://rshp.scot/wp-content/uploads/2024/01/Part-2.-My-5-trusted-individuals-Activity-plan-1.pdf)  3. [Part-3.-Bullying-Activity-plan-1.pdf](https://rshp.scot/wp-content/uploads/2024/01/Part-3.-Bullying-Activity-plan-1.pdf) |
| 1. To begin: My body: Names of parts of my body  2. To begin: My body: My body is changing  3. To begin: My body: Feelings and puberty  4. To begin: My body: Personal Hygiene | 1. [Part-1.-Names-of-parts-of-my-body-Activity-plan.pdf](https://rshp.scot/wp-content/uploads/2024/01/Part-1.-Names-of-parts-of-my-body-Activity-plan.pdf)  2. [Part-2.-My-body-is-changing-Activity-plan-1.pdf](https://rshp.scot/wp-content/uploads/2024/01/Part-2.-My-body-is-changing-Activity-plan-1.pdf)  3. [Part-3.-Feelings-and-Puberty-Activity-plan-1.pdf](https://rshp.scot/wp-content/uploads/2024/01/Part-3.-Feelings-and-Puberty-Activity-plan-1.pdf)  4. [Part-4.-Personal-Hygiene-Activity-plan-1.pdf](https://rshp.scot/wp-content/uploads/2024/01/Part-4.-Personal-Hygiene-Activity-plan-1.pdf) |
| 1. Progression 1: Emotional wellbeing and body image: Part 1: My Feelings  2. Progression 1: Emotional wellbeing and body image: Part 2: My Body  3. Progression 1: Emotional wellbeing and body image: sad or worried | 1. [Part-1.-My-Feelings-activity-plan-1.pdf](https://rshp.scot/wp-content/uploads/2024/01/Part-1.-My-Feelings-activity-plan-1.pdf)  2. [Part-2.-My-Body-Activity-plan-1.pdf](https://rshp.scot/wp-content/uploads/2024/01/Part-2.-My-Body-Activity-plan-1.pdf)  3. [Part-3.-When-I-feel-sad-or-worried-Activity-plan-1.pdf](https://rshp.scot/wp-content/uploads/2024/01/Part-3.-When-I-feel-sad-or-worried-Activity-plan-1.pdf) |