



Where can I get more information about Relationships, Sexual Health and Parenthood Education?

- *Contact your child's school*
- *Education Scotland Parentzone*
www.educationscotland.gov.uk/parentzone/
- *Conduct of Relationships*
www.gov.scot/publications/2014/12/8526/downloads

If you or someone you know would like a copy of this document in another language or format, (on occasion, only a summary of the document will be provided in translation), this can be arranged by contacting the Customer Service Centre on 01738 475000.

You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.

www.pkc.gov.uk

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Curriculum for Excellence

Relationships, Sexual Health and Parenthood

Parent Information THIRD & FOURTH LEVELS



Relationships, Sexual Health and Parenthood

What is the Purpose of Relationships, Sexual Health and Parenthood Education?

As children grow and develop it is important that they have an opportunity to:

- understand how to maintain positive relationships with a variety of people;
- explore how thoughts, feelings, attitudes, values and beliefs can influence decisions about relationships;
- develop their understanding of the complex roles of being a parent/carer;
- learn ways in which to keep themselves safe and know where to access help and information.

What will children and young people learn about in Relationships, Sexual Health and Parenthood Education?

Learning opportunities will be relevant and realistic, taking account of the stage of development and understanding of each child and young person.



Learning in Third and Fourth Levels includes:

- I understand the importance of being cared for and caring for others in relationships and can explain why.
 - I understand and can demonstrate the qualities and skills required to sustain different types of relationships.
 - I recognise that power can exist within relationships and can be used positively as well as negatively.
 - I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication.
 - I know how to manage situations concerning my sexual health and wellbeing and am learning to understand what is appropriate sexual behaviour.
 - I understand my own body's uniqueness, my developing sexuality and that of others.
 - 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.
 - 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.
 - I can explain the importance and the enduring and complex responsibility of being a parent/carer, and the impact of life choices and options.
- I can explain the support and care necessary to ensure a child is nurtured through the different stages of childhood.
 - Through investigation I can explain the support available for parents and carers looking after babies and bringing up children.
 - I reflect on how my attitudes, beliefs, values and morality can influence my decisions about friendships, relationships and sexual behaviour.
 - 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.
 - 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.