

Ralston Primary School
RSHP Progression Overview - Early Level

<u>Nursery</u>	<u>P1</u>
<u>Positive Relationships</u> I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships. HWB 0-44a I understand positive things about friendships but when something worries or upsets me I know who I should talk to. HWB 0-44b I know that there are people in our lives who care for and look after us and I am aware that people may be cared for by parents, carers or other adults. HWB 0-45a	
<ul style="list-style-type: none"> • People Who Help and Look After Me • Asking Questions, Making Choices, Saying Yes and Saying No 	<ul style="list-style-type: none"> • Our Families • Friends and Friendship – Helping Others • Playing Together and Being Kind
<u>Physical Changes</u> I recognise that we have similarities and differences but we are all unique. HWB 0-47a I am aware of my growing body and I am learning the correct names for its different parts and how they work. HWB 0-47b	
<ul style="list-style-type: none"> • Unique, Similar and Different 	<ul style="list-style-type: none"> • My Body
<u>Sexual Health & Sexuality</u> I am learning what I can do to look after my body and who can help me. HWB 0-48a I am learning about respect for my body and what behaviour is right and wrong. I know who I should talk to if I am worried. HWB 0-49a I know that there are people in our lives who care for us and I am aware that people may be cared for by parents, carers or other adults. HWB 0-45a	
<ul style="list-style-type: none"> • Personal Space and Privacy 	<ul style="list-style-type: none"> • My Body Belongs to Me • When I Feel Sad or Upset
<u>Role of the Parent or Carer</u> I am learning about where living things come from and about how they grow, develop and are nurtured. HWB 0-50a I am able to show an awareness of the tasks required to look after a baby. HWB 0-51a	
	<ul style="list-style-type: none"> • Looking After Plants and Animals • Pregnancy and Looking After a Baby

Ralston Primary School
RSHP Progression Overview - First Level

<u>P2</u>	<u>P3</u>	<u>P4</u>
<u>Positive Relationships</u> I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships. HWB 1-44a I understand positive things about friendships but when something worries or upsets me I know who I should talk to. HWB 1-44b I know that there are people in our lives who care for and look after us and I am aware that people may be cared for by parents, carers or other adults. HWB 1-45a 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 1-45b		
<ul style="list-style-type: none"> • Feelings and Safety: This is How I Feel • Feelings and Safety: Feeling Safe • Friendships: My Friends/Being a Friend • People Who Help and Look After Me: People Who are Special to Me 	<ul style="list-style-type: none"> • Friendships: Kindness and Empathy • Friendships: When Friends Fall Out • People Who Help and Look After Me: When I Have a Question or Worry 	<ul style="list-style-type: none"> • Families are Different • People Who Help and Look After Me: Professional People • Safe and Happy Online
<u>Physical Changes</u> I recognise that we have similarities and differences but are all unique. HWB 1-47a		
<ul style="list-style-type: none"> • Similarity, Diversity and Respect: I am Unique (My Self-Portrait) • Similarity, Diversity and Respect: We Are Similar and Different 	<ul style="list-style-type: none"> • Similarity, Diversity and Respect: Boys and Girls (Gender) • Similarity, Diversity and Respect: Disability 	<ul style="list-style-type: none"> • Similarity, Diversity and Respect: Heterosexual, Lesbian, Gay and Bisexual
<u>Sexual Health & Sexuality</u> I am learning what I can do to look after my body and who can help me. HWB 1-48a I am learning about respect for my body and what behaviour is right and wrong. I know who I should talk to if I am worried. HWB 1-49a I am aware of my growing body and I am learning the correct names for its different parts and how they work. HWB 1-47b		
<ul style="list-style-type: none"> • Privacy: My Body Belongs to Me 	<ul style="list-style-type: none"> • Privacy: Private and PANTS Rule 	<ul style="list-style-type: none"> • My Body: Names of Parts of My Body • Keeping Clean

Role of the Parent or Carer

I know that there are people in our lives who care for and look after us and I am aware that people may be cared for by parents, carers or other adults. **HWB 1-45a**

I am learning about where living things come from and about how they grow, develop and are nurtured. **HWB 1-50a**

I am able to show an awareness of the tasks required to look after a baby. **HWB 1-51a**

- Looking After Plants and Animals:
Looking After Plants

- Looking After Plants and Animals: Life Cycles
- Looking After Plants and Animals:
Looking After Pets

- How Human Life Begins, Pregnancy and Birth
- What Babies Need

Ralston Primary School
RSHP Progression Overview - Second Level

<u>P5</u>	<u>P6</u>	<u>P7</u>
<p><u>Positive Relationships</u></p> <p>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</p>		
<ul style="list-style-type: none"> • My Senses: Things I Like/ Don't Like • Friendships: What Is a Friend? • Friendships: Making and Keeping Friends • Social Media: Where Do We Go Online? 	<ul style="list-style-type: none"> • Friendships: Online/ Offline Friends • Social Media: Being Smart Online • A Fair & Equal Life: Stereotypes and Equality • A Fair & Equal Life: Being Fair 	<ul style="list-style-type: none"> • Love and Relationships: What is Love? • Love and Relationships: Being Attracted to Someone • A Fair & Equal Life: Being Transgender
<p><u>Physical Changes</u></p> <p>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</p>		
<ul style="list-style-type: none"> • My Body: Personal Hygiene • My Body: Names of Parts of my Body • Emotional Wellbeing: My Feelings • Emotional Wellbeing: My Body 	<ul style="list-style-type: none"> • My Body: My Body is Changing • My Body: Feelings and Puberty • Emotional Wellbeing: When I Feel Sad or Worried • Menstruation 	<ul style="list-style-type: none"> • Understanding Human Sexuality

Sexual Health & Sexuality

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**

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

- Protecting Me: When I Feel Safe/ Unsafe
- Protecting Me: My 5 Trusted Individuals
- Protecting Me: Bullying

- Protecting Me: Physical Abuse and Neglect
- Consent: What is Consent?
- Consent: My Body is Mine

- Sex: How People Have Sex
- Protecting Me: Sexual Abuse

Role of the Parent or Carer

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: What Does a Parent/ Carer Need to Know and Do?

- Being a Parent/ Carer: If I Were a Parent/ Carer

- How Human Life Begins, Pregnancy and Birth
- How Adults Plan and Prevent a Pregnancy: Contraception and Condoms