

Curriculum for Excellence Experiences/Outcomes and Benchmarks for  
**RELATIONSHIPS, SEXUAL HEALTH AND PARENTHOOD at FOURTH LEVEL**



<p><b>Positive Relationships</b></p>	<p>I understand the importance of being cared for and caring for others in relationships, and can explain why. HWB 4-44a</p> <p>I understand and can demonstrate the qualities and skills required to sustain different types of relationships. HWB 4-44b</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 4-44c</p> <p>I recognise that power can exist within relationships and can be used positively as well as negatively. HWB 4-45a</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 4-45b</p>	<ul style="list-style-type: none"> <li>• Justifies why commitment, trust and respect are central to being cared for and caring for others.</li> <li>• Explains the importance of shared values and goals in sustaining a loving and sexual relationships, for example, mutual respect, agreement on sex.</li> <li>• Distinguishes between a balance of power and abuse of power in relationships, for example, respect, trust, coercion, consent.</li> </ul>
<p><b>Physical changes</b></p>	<p>I understand my own body's uniqueness, my developing sexuality, and that of others. HWB 4-47a</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 4-46b</p>	<ul style="list-style-type: none"> <li>• Understands and respects diversity in sexuality, for example, sexual orientation and gender identity.</li> <li>• Explains how positive and negative body image can affect health, self-worth and behaviour, for example, self-reliance, beauty industry expectations, body building.</li> <li>• Evaluates how the media, including social media and pornography impact on physical and mental health.</li> </ul>
<p><b>Sexual health and sexuality</b></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 4-46c</p> <p>I reflect on how my attitudes, beliefs, values and morality can influence my decisions about friendships, relationships and sexual behaviour. HWB 4-46a</p>	<ul style="list-style-type: none"> <li>• Demonstrates the skills needed to manage challenging situations within relationships, including sexual relationships, for example, compromise, empathy, decisiveness.</li> </ul>

<p><b>Sexual health and sexuality</b> (continued)</p>	<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 4-47b</p> <p>I know how to manage situations concerning my sexual health and wellbeing and am learning to understand what appropriate sexual behaviour is. HWB 4-49a</p> <p>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 4-48a</p> <p>I know where to get support and help with situations involving abuse and I understand that there are laws which protect me from different kinds of abuse. HWB 4-49b</p>	<ul style="list-style-type: none"> <li>• Understands the rights and responsibilities required for safe and enjoyable sex.</li> <li>• Explains how to access both local and national information, guidance and help.</li>   <li>• Demonstrates an understanding of support available and current legislation related to a range of types of abuse, for example, female genital mutilation, domestic abuse, grooming, child sexual exploitation.</li> </ul>
<p><b>Role of parent or carer</b></p>	<p>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 4-51a</p> <p>Through investigation I can explain the support available for parents and carers looking after babies and bringing up children. HWB 4-51b</p>	<ul style="list-style-type: none"> <li>• Explains how to access support for parents and carers.</li> </ul>