

Curriculum for Excellence Experiences/Outcomes and Benchmarks for **RELATIONSHIPS, SEXUAL HEALTH AND PARENTHOOD at THIRD 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 3-44a</p> <p>I understand and can demonstrate the qualities and skills required to sustain different types of relationships. HWB 3-44b</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 3-44c</p> <p>I recognise that power can exist within relationships and can be used positively as well as negatively. HWB 3-45a</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 3-45b</p>	<ul style="list-style-type: none"> <li>• Explains why commitment, trust and respect are central to being cared for and caring for others.</li> <li>• Demonstrates respect and understanding of the diversity of loving and sexual relationships, for example, LGBTI relationships, marriage, living together, co-parenting.</li> <li>• Explains the impact an imbalance of power can have on relationships, including sexual relationships, for example, consent, coercion, responsibility for actions and decisions.</li> </ul>
<p><b>Physical changes</b></p>	<p>I understand my own body's uniqueness, my developing sexuality, and that of others. HWB 3-47a</p>	<ul style="list-style-type: none"> <li>• Describes how positive and negative feelings about body image can affect health, self-worth and behaviour, for example, confidence, self-harm, eating disorders.</li> <li>• Recognises the impact of puberty and developing sexuality.</li> </ul>
<p><b>Sexual health and sexuality</b></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. HWB3-46b</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</p> <p>I reflect on how my attitudes, beliefs, values and morality can influence my decisions about friendships,</p>	<ul style="list-style-type: none"> <li>• Identifies and explains influence/impact of media, including social media and pornography on self-esteem and decision making.</li> <li>• Demonstrates the skills needed to challenge stereotypical images in the media, including social media, for example, confidence, judgement.</li> </ul>

<p><b>Sexual health and sexuality</b> (continued)</p>	<p>relationships and sexual behaviour. HWB 3-46a 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</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 3-49a</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 3-48a</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. HWB3-49b</p>	<ul style="list-style-type: none"> <li>• Identifies and demonstrates the skills required to make positive choices in challenging situations, for example, assertiveness, empathy.</li> <li>• Identifies negotiation skills required to have safe and enjoyable sex, for example, knowing when the time is right, mutual responsibility to prevent unintended pregnancy, use of contraceptives, confidence to refuse unwanted sexual contact.</li> <li>• Knows how to access confidential information, guidance and help.</li> <li>• Gives examples of laws in relation to sexual health, for example, age of consent, right to confidentiality, consent, coercion, grooming.</li> <li>• Identifies how to take action in a situation involving abusive or inappropriate sexual behaviour, for example, ending unhealthy relationships, local support, police.</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 3-51a</p> <p>I can explain the support and care necessary to ensure a child is nurtured through the different stages of childhood. HWB 3-51b</p>	<ul style="list-style-type: none"> <li>• Explains the short and long-term impact of parenthood, for example, joy, commitment, financial implications, anxiety, physical demands.</li> <li>• Explains the meaning and importance of nurture in a child's development.</li> <li>• Identifies local support available for parents and carers.</li> </ul>