



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

Physical changes	I recognise that we have similarities and differences but are all unique. HWB1-47a	<ul style="list-style-type: none"> • Recognises that everyone is unique and identifies similarities and differences. • Explains that development and growth of each individual is different.
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Positive Relationships	<p><i>I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships. HWB 1-44a</i></p> <p><i>I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to. HWB 1-44</i></p> <p><i>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 /</i></p> <p>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</p>	<p><i>These Experiences and Outcomes sit within HWB Responsibility of All and span across all five levels to recognise the nature of development and learning in HWB. There are no Benchmarks for these Experiences and Outcomes.</i></p> <ul style="list-style-type: none"> • Explains ways in which families may differ and that there are a variety of people who may care for us.
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Sexual health and sexuality	<p>I am aware of my growing body and I am learning the correct names for its different parts and how they work. HWB1-47b</p> <p>I am learning what I can do to look after my body and who can help me. HWB1-48a</p> <p>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 about this. HWB 1-49a</p>	<ul style="list-style-type: none"> • Identifies the correct words for body parts and their functions, for example, womb, scrotum, ovaries, vagina. • Explains about own and others' needs for privacy. • Expresses feelings through appropriate closeness to others. • Articulates the right to respond to inappropriate behaviours, for example, using the 3-step model: say no, go away, talk to someone you trust. • Identifies who to talk to if worried or concerned.
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Role of parent or carer	I know that there are people in our lives who care for and look after us and I am aware that	<ul style="list-style-type: none"> • Explains ways in which families may differ and that there are a variety of people who may care for us.
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	<p>people may be cared for by parents, carers or other adults. HWB 1-45a</p> <p>I am learning about where living things come from and about how they grow, develop and are nurtured. HWB 1-50a</p> <p>I am able to show an awareness of the tasks required to look after a baby. HWB 1-51a</p>	<ul style="list-style-type: none">• Explains changes to the body at different stages of life.• Identifies what is needed for growth and development of animals, plants and humans.• Explains how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding.
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