

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



<p>Positive Relationships</p>	<p>I understand that a wide range of different kinds of friendships and relationships exists. HWB 2-44a</p> <p>I am aware that positive friendships and relationships can promote health and the health and wellbeing of others. HWB 2-44b</p> <p>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</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 2-45b</p>	<ul style="list-style-type: none"> • Identifies different kinds of friendships and relationships. • Identifies the skills required to manage changing relationships, for example, tolerance, empathy, loyalty, kindness, resilience, mutual trust and respect. • Explains the impact of positive relationships on emotional wellbeing.
<p>Physical changes</p>	<p>I recognise that how my body changes can affect how I feel about myself and how I may behave. HWB 2-47a</p> <p>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"> • Identifies positive things about own body image and appearance. • Identifies strategies to manage emotions, for example, relaxation techniques, speaking to someone, taking time out. • Uses correct terminology for all private body parts and reproductive organs, for example, breasts, clitoris. • Describes the physical and emotional changes during puberty including erections, wet dreams, pubic hair, masturbation, menstruation, hormones, mood swings. • Demonstrates an understanding of diversity in sexuality and gender identity. • Describes ways of keeping hygienic during puberty.
<p>Sexual health and sexuality</p>	<p>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</p> <p>I am able to describe how human life begins and how a baby is born. HWB 2-50a</p>	<ul style="list-style-type: none"> • Identifies abusive and bullying behaviour, for example, on-line, face to face and knows where to go for help. • Explains own rights and responsibilities in relation to abuse. • Describes the concept of consent. • Describes human conception and birth, for example, sexual intercourse, egg and sperm, giving birth. • Gives reasons why contraception may be used, for example, to prevent pregnancy and infection. • Describes some symptoms of pregnancy.
<p>Role of parent or carer</p>	<p>I can describe the role of a parent / carer and the skills, commitment and qualities the role requires. HWB 2-51a</p>	<ul style="list-style-type: none"> • Describes skills and qualities required to be a parent / carer, for example, commitment, love, patience, sense of humour.