



Broomhill School

Health and Wellbeing – Relationships, Sexual Health and Parenthood

First Level (P2 – P4)

Information for Parents and Carers

April 2022

LEARNING AT SCHOOL:

When your child is in P2, P3 or P4 we say that they are learning at First Level. For some children learning at this Level can also be later. Part of our learning at school is about relationships, growing up, their bodies and what we call the baby's story. This is part of our Health and Wellbeing learning called Relationships, Sexual Health and Parenthood education. At Broomhill we follow the progression from the <http://rshp.scot> website.

Here are the main things we learn about at this Level:

When it comes to **relationships** children learn about:

- What makes them unique
- That not all families are the same and that families can be made of different people who provide care and love.
- The different adults who might care for children – like teachers, support staff in school or medical staff
- Making and having friends
- Being a boy and a girl and that they can be any kind of boy or girl they want to be
- What makes people alike and what makes us different (diversity)
- Respect for others and the importance of being kind. Children may be aware of different types of relationships. We will discuss these terms with a focus on love and relationships, respect to each other and being kind to all.

When it comes to **growing up and their body** children learn about:

- Making choices and decisions
- Looking after their body and keeping clean



- How their bodies change as they grow
- Names of parts of their body and names for private body parts; we use the words penis, vulva, bottom, nipples. We use these names to help remove any embarrassment and so we have a shared understanding of meaning. Knowing correct names enables children to inform an adult should something be wrong.
- Parts of their body are private
- Other people should not touch the private parts of their body
- What behaviour is okay in public and what is okay in private (for example pulling pants up before leaving the bathroom).

When it comes to **how human life begins, pregnancy and birth** children learn about:

- The life cycles of plants and animals
- Basic understanding of the development of a foetus in the womb and how a baby is born.
- What a baby needs and how to care for a baby.

How do we learn at school?

Children are curious, they may have heard or seen things and have questions they want to ask. They are really interested in how people get on and learning about their bodies. We want to ensure that children have a good basic knowledge appropriate to the age and stage of the child. While learning at school is important they are also very dependent on their parents and carers to look after them, love and care for them and help them learn behaviours and values for life. For children this age a lot of our learning together is about talking and playing. At school we will use conversations, games, drawing and story books to support learning about health and wellbeing. You can find out more about the learning activities we use on this national resource: <https://rshp.scot/first-level/>