



## Broomhill School

### Health and Wellbeing – Relationships, Sexual Health and Parenthood

#### Second Level (P5 – P7)

#### Information for Parents and Carers

April 2022

#### LEARNING AT SCHOOL:

When your child is in P5, P6 or P7 we say that they are learning at Second Level. For some children learning at this Level can also be earlier or later. Part of our learning at school is about relationships, being safe, growing up, their bodies, how human life begins, pregnancy, birth and being a parent/carer. 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 and what makes people alike and what makes us different (diversity)
- 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. Includes discussing stereotypes and gender based expectations and that some people do not want to be identified as a boy or a girl.
- Loving relationships and being attracted to others
  - Respect for others and the importance of being kind – in our face-to-face relationships and online.

#### When it comes to **being safe** children learn about:

- Social media and being safe and smart online
- Feeling safe and unsafe
- Different kinds of abuse and neglect that can happen to a child
- What we mean by consent
- Who they can go to for help and support.



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

- Making choices and decisions
- The correct names for parts of their body including male and female genitalia.  
Looking after their body and keeping clean
- Puberty and how the bodies and emotions of both girls and boys change as they grow
- Basic understanding of what 'having sex' is and about contraception.

When it comes to **conception, pregnancy, birth and being a parent/carer** children learn about:

- How a baby is made (conception)
- Pregnancy and how a baby is born
- Being a parent and thinking about what kind of parent they would be.

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. 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/second-level/>