

Relationships, Sexual Health and Parenthood

Curriculum for Excellence

The Experiences and Outcomes (Es & Os) as contained in a Curriculum for Excellence reflect a holistic approach to promoting the health and wellbeing of all young people.

The Relationships, Sexual Health and Parenthood (RSHP) strand is no different. To ensure that all learners receive relevant, enjoyable and active learning experiences the Es & Os are designed to encourage links with all other areas of the curriculum and many are written to span a number of stages. Therefore the Es and Os will be revisited regularly through a wide range of relevant and realistic learning experiences to ensure every young person is progressing.

Learning will also take account of the stage of growth, development and maturity of each young person and the social and community context they live in.

Second Level Experiences and Outcomes

Young peoples learning in RSHP will cover the following experience and outcomes:

- I understand that a wide range of different kinds of friendships and relationships exist.
- I am aware that positive friendships and relationships can promote health and the health and wellbeing of others.
- I am identifying and practising skills to manage changing relationships and I understand the positive impact this can have on my emotional wellbeing.
- I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication.
- I recognise that how my body changes can affect how I feel about myself and how I may behave.
- I can describe the physical and emotional changes during puberty, understand why they are taking place and the importance of personal hygiene.
- 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.
- I am able to describe how human life begins and how a baby is born.
- I can describe the role of a parent/carer and the skills, commitment and qualities the role requires.



Emotional Wellbeing



RE-Teaching Christian Values and other world religions



Science - my body changes



Nutrition



Hygiene



Internet safety and influence of the media

