

Our Health and Wellbeing overview encompasses the majority of the [Experiences and Outcomes/ Benchmarks for Personal and Social Education](#) as part of a three-year rolling programme across the Curriculum for Excellence Level. This Relationships, Sexual Health and Parenthood (RSHP) overview details the explicit teaching of 'Physical Change' and 'Sexual Health and Sexuality' for identified year groups using the [National RSHP resource](#). The guidance notes for families included on the links below are from the [National RSHP resource](#). We have detailed the themes per year group that we will teach in Cawdor. This will be delivered in Term 4 of each academic session.

EARLY LEVEL (Nursery and P1)				
CLICK HERE Information for families – Learning at School – The Early Level CLICK HERE Information for families – Learning at Home – The Early Level				
Experiences and Outcomes	Education Scotland Benchmarks – End of P1	P1 – Themes		
I am aware of my growing body and I am learning the correct names for its different parts and how they work. HWB 0-47b	<ul style="list-style-type: none"> - Describes how bodies change as they grow. Identifies body parts using correct names, for example, penis, testicles, vulva and nipples. 	My Body – Early Level <ul style="list-style-type: none"> - Prop 		
FIRST LEVEL (P2, P3 and P4)				
CLICK HERE Information for families – Learning at School – The First Level CLICK HERE – Information for families – Learning at Home – The First Level				
Experiences and Outcomes	Education Scotland Benchmarks – End of P4	P2 Themes	P3 Themes	P4 Themes
I am aware of my growing body and I am learning the correct names for its different parts and how they work. HWB 1-47b	<ul style="list-style-type: none"> - Identifies the correct words for body parts and their functions, for example, womb, scrotum, ovaries, vagina. 	My Body – Early Level (recap) <ul style="list-style-type: none"> - Prop 	My Body – First Level <ul style="list-style-type: none"> - Activity Plan - Slides - Prop 	Keeping Clean – First Level <ul style="list-style-type: none"> - Activity Plan - Slides - Prop
SECOND LEVEL (P5, P6 and P7)				
CLICK HERE – Information for families – Learning at School – The Second Level CLICK HERE – Information for families – Learning at Home – The Second Level				
Experiences and Outcomes	Education Scotland Benchmarks – End of P7	P5 Themes	P6 Themes	P7 Themes
<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> <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"> - 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 - 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. 	My Body – Second Level Part 1: Names of parts of my body <ul style="list-style-type: none"> - Activity Plan - Slides - Prop 1 - Prop 2 - Prop 3 Part 2: My body is changing (inc. menstruation) <ul style="list-style-type: none"> - Activity Plan - Slides 	My Body – Second Level Part 3: Feelings and Puberty <ul style="list-style-type: none"> - Activity Plan - Slides - Prop Part 4: Personal Hygiene <ul style="list-style-type: none"> - Activity Plan - Slides 	Sex: How people have sex/ what do they do? – Second Level <ul style="list-style-type: none"> - Activity Plan - Slides How Human Life Begins: Pregnancy – Second Level <ul style="list-style-type: none"> - Activity Plan - Slides Menstruation – Second Level <ul style="list-style-type: none"> - Activity Plan - Slides



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