

SHARE at Glashieburn

Sexual Health and Relationships Education is part of the Health and Wellbeing Education Programme linked to Health Promoting Schools. It is delivered in Term 3 (April – July) in the school year for Primary 6 and Primary 7 pupils.

The Health and Wellbeing Programme starts in Nursery and is developed throughout the primary school and will continue into secondary school.

It is not just about sex, it is about promoting positive relationships, making life choices and dealing with them.

The programme which is outlined inside this leaflet is supported by the Channel Four 'All About Us Living and Growing' DVD resource pack. This is available for parents to view at home. Please contact the school if you wish to view this resource.



Sexual Health and Relationships Education



Information for Parents

Primary 6

- **Unit 1: Living and Growing**
- **Programme 1 – Differences**
 - To introduce children to life cycles.
 - To explore the differences between males and females
 - To enable children to reflect on differences between male and females other than physical differences.
- **Programme 2 - How Did I Get Here?**
 - *This programme contains animation of sexual organs.
 - To explain that a baby develops inside its mother's womb and that both the male and female sex parts are needed to make a baby.
 - To enable children to reflect on their own development from babies.
 - To inform children about contraception and the growth of a baby in the womb.
- **Programme 3 - Growing Up**
 - To show that we grow and change, as do all living things.
 - To show that some changes are social, that we become more independent and are able to think about others as well as ourselves.
 - To look at identity and self-esteem, and reinforce the belief that we are all special.
- **Unit 2: Living and Growing**
- **Programme 4 – Changes**
 - To introduce children to the physical and emotional changes that occur during puberty.
 - To consider some of the changes over which we have no control and the choices we can make concerning those over which we do have control.

Top Tips

Think about what you are comfortable with, within your family and relationships...

- ✓ Model positive relationships and listen to your child.
- ✓ Share the responsibility and involve other family members.
- ✓ Use everyday situations
- ✓ Listen more than you talk
- ✓ Be truthful and honest – think back to your experience talking with your parents
- ✓ If you don't have the answer, say so, but try to find out.
- ✓ Don't worry – it's OK to give body parts their correct medical and slang/family names
- ✓ Talk about the importance of personal hygiene
- ✓ Talk about feelings and emotions
- ✓ Have a talk time / quiet time as a routine so talking becomes easier and normal.
- ✓ Try to keep these personal discussions private to build confidence.
- ✓ Listen to their opinions as well as giving your own.

Go at your child's pace- you might want to link them to family occasions or questions that arise naturally.

WHERE CAN I FIND OUT MORE?

- ✓ Talk to your Health Visitor, Community Health Nurse or School Nurse
- ✓ Visit the following websites
 - www.healthscotland.com
 - www.healthyrespect.co.uk
 - www.educationscotland.gov.uk/sexeducation
 - www.parentzone.gov.uk
 - www.parentnetworkscotland.org.uk
 -
- ✓ Read 'Talking With Your Child About Relationships and Sexual Health' NHS Scotland Publication