

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.

In Primary 7 the focus will also be around the theme of relationships. This will involve a lot of discussion and, where appropriate, consolidation and reinforcement of the Primary 6 topic/programmes.



Sexual Health and Relationships Education



Information for Parents

Primary 7

- **Unit 2: Living and Growing**
- **Programme 5 – How Babies Are Made**
 - *This programme contains animation of sexual intercourse.
 - To explain how babies are made.
 - To explore the idea of relationships, including friendships, parent-child and family relationships and sexual relationships.
- **Programme 6 - How Babies Are Born?**
 - *This programme contains footage of a live birth.
 - To explain how a baby develops in the womb during pregnancy and how babies are born.
 - To enable children to reflect on roles and relationships in the family.
- **Unit 3: Living and Growing**
- **Programme 7 & 8 – Girl Talk/Boy Talk**
 - To consider the physical and emotional changes that take place as girls/boys go through puberty.
 - To address the concerns and worries of young women/men.
 - To make boys and girls aware of the changes that occur in the opposite sex.
- **Programme 9 – Let's Talk About Sex**
 - * This programme includes a discussion of homosexuality.
 - To consider how sex/body image is presented in the media.
 - To consider sexual stereotyping.
 - To reassure pupils that their changing emotions are a normal aspect of puberty.

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
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- ✓ Read 'Talking With Your Child About Relationships and Sexual Health' NHS Scotland Publication