

## Outline of Sexual Health and Relationships Education Curriculum

### Primary Stages

#### Primary 1 Lessons

- P1 Lesson 1** Me, I'm unique  
Aim - Children will be able to name body parts and recognise their individuality.
- P1 Lesson 2** Feelings, this is how I feel.  
Aim - Children will be able to name feelings and discuss ways in which they can express feelings around people in their lives.
- P1 Lesson 3** Stranger danger, keep safe.  
Aim - Children will be able to recognise dangers relating to strangers approaching and speaking to them and consider strategies to deal with the situation.
- P1 Lesson 4** My life, my special people  
Aim - Children will be able to recognise the special relationships that they have in their lives and name the people who are special to them.

#### Primary 2 Lessons

- P2 Lesson 1** Living Things, where they're from  
Children will know and understand where living things come from in relation to animals and pets.
- P2 Lesson 2** Pets, our special friends  
Aim - Children will recognise the special relationships they have with pets and how they have a responsibility to care for them and treat them as a friend.
- P2 Lesson 3** I am me, I am like you.  
Aim - Children will be able to recognise the way they can use their senses to identify things they like or dislike. Children will also think about the similarities between boys and girls at this stage.
- P2 Lesson 4** Family Life, ups and downs  
Aim - Children will understand the various dynamics in family life and recognise situations where they are made to feel uncomfortable or unhappy.

#### Primary 3 Lessons

- P3 Lesson 1** Living Things, where they're from  
Children will know and understand where humans come from.
- P3 Lesson 2** Bullying, let's deal with it!  
Aim - Children will understand and be aware of issues surrounding bullying and how to deal with it. The children will also consider their responsibilities towards others focussing on bullying situations.
- P3 Lesson 3** Girls and Boys, all friends together  
Aim - Children can identify positive attributes within relationships. Children will also consider perceptions relating to gender.
- P3 Lesson 4** Life Changes, express yourself.  
Aim - Children develop a vocabulary that helps them to understand and express their feelings. They will understand how to manage feelings and reactions of themselves and others.

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### Primary 4 Lessons

- P4 Lesson 1** Who cares, we care!  
Aim - Children will be able to consider the various ways that feelings can be conveyed and consider others feelings especially when dealing with differences.
- P4 Lesson 2** Feeling good, you choose.  
Aim - Children should develop their awareness of expressing feelings through touch and closeness to others in an appropriate fashion. They should consider the roles other people have in making choices for them.
- P4 Lesson 3** Problems, we can fix them.  
Aim - Children will be able to consider problems from a variety of different perspectives and consider the best ways to solve problems and resolve issues in a variety of settings.
- P4 Lesson 4** Our life, who cares for us?  
Aim - Children will be able to consider various roles people take in caring for them with an emphasis on the importance of looking after yourself and seeking medical health if need be. The children will understand the life cycle of the baby in the womb.

### Primary 5 Lessons

- P5 Lesson 1** You're alright, I'm alright.  
Aim - Children will appreciate the importance of respecting and caring for others within their class community.
- P5 Lesson 2** I am me, you are you.  
Aim - Children should understand the importance of their individual talents and abilities and acknowledge the support they have from friends and family in realising their talents. They also should be able to identify negative influences.
- P5 Lesson 3** My body, my rights.  
Aim - Children will be more aware of managing feelings and emotions. They will understand their ability to exercise their rights to respond to issues concerning their bodies and appropriate behaviour from others in relation to their bodies.
- P5 Lesson 4** Growing up, what's changing?  
Aim - Children will know about early puberty changes to their body and confidently use terminology relating to body parts. Children will also know about issues surrounding infection and control.

### Primary 6 Lessons

- P6 Lesson 1** Friendships, what makes them work?  
Aim - Children should be able discuss the components that make up healthy friendships and consider what makes friendships work and what elements can alter the effectiveness of this.
- P6 Lesson 2** Online, are you on guard?  
Aim - Children should be aware of and understand the issues and dangers in relation to using the internet and mobile phones and have a clear understanding of how to protect themselves and prevent dangerous situations arising.
- P6 Lesson 3** Boy stuff, girl stuff, what's it all about?  
Aim - To develop children's' understanding of the issues surrounding gender inequality and how the media and society contribute to and affect these issues.
- P6 Lesson 4** Growing up, what's happening to me?  
Aim - Children will be able to have a clear understanding of the physical and emotional changes that they will go through during puberty and discuss any issues or concerns that they may have relating to puberty.

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### Primary 7 Lessons

**P7 Lesson 1**      Going out, keeping safe.

Aim - Children should understand the importance of keeping safe when out with friends.

**P7 Lesson 2**      Changing times, changing feelings.

Aim - Children should be able to identify and discuss feelings relating to changing relationships in their lives and be able to articulate why they feel that way.

**P7 Lesson 3**      Growing up, how do I feel?

Aim: Children should be aware of the emotional changes that puberty may bring to themselves and their peers.

**P7 Lesson 4**      Growing up - body parts

Aim - Children should have an understanding of the process of reproduction

**P7 Lesson 5**      Families - What are they like?

Aim - Children will have a greater tolerance, respect and understanding of the variety of different families that can and do exist in our society.