Get On My Level

Parent and Carers Guide

Curriculum for Excellence
Health and Wellbeing
Talking to your child about Relationships, Sexual Health and Parenthood

Second Level
In school I am learning about...

- friendships and relationships
- personal space and boundaries
- seeking help from adults
- how we are all unique, similar and different
- my growing and changing body ~ puberty
- respecting and looking after myself
- caring for others.
It’s OK to talk to me about…

- My friends
- Why they are my friends
- What we have in common
- How to cope when friendships go wrong
- My family
- My extended family

- Changes in my body
- Looking after myself
- Respecting my body
- How babies are made

- Privacy and personal hygiene

- Getting to know myself
- My need for my own space
- My need to have my own time
- I need someone to talk to that I can trust

- How people communicate their feelings in a non verbal way

- The people I can talk to when I am worried about anything (at home and at school)

- Keeping myself safe at home and at school
- Internet safety

- Help me understand others in my family, at school and in my community

- Caring for others
- Parenthood

- Looking after my family
- My extended family

- Keeping myself safe at home and at school
- Internet safety

- How babies are made
- My friends
- Why they are my friends
- What we have in common
- How to cope when friendships go wrong

- Privacy and personal hygiene

- Getting to know myself
- My need for my own space
- My need to have my own time
- I need someone to talk to that I can trust

- How people communicate their feelings in a non verbal way

- The people I can talk to when I am worried about anything (at home and at school)
Think about what you are comfortable with, within your family and relationships

TOP TIPS

✓ 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
  o www.healthscotland.com
  o http://www.educationscotland.gov.uk/resources/practice/r/rshp/introduction.asp
  o www.educationscotland.gov.uk/sexeducation
  o http://www.educationscotland.gov.uk/parentzone/
  o www.healthyrespect.co.uk
  o www.parentzone.gov.uk
  o Go Safe Scotland
  o www.parentnetworkscotland.org.uk
  o United Nations Convention on the Right of the Child (UNCRC)
  o Small Talk (www.nhsfife.org/smalltalk) Fife website developed for parents/carers with info on talking with your child about relationships, sex and sexual health)
✓ Read ‘Talking With Your Child About Relationships and Sexual Health’ NHS Scotland Publication