



Sexual Health and Relationships Education Primary 1

Lesson 1 - Me, I am unique.

Key Messages

- We are all unique. We have lots of different things that make us unique.
- Boys and girls bodies have lots of similarities but there are also some differences.
- Some of our body parts are private and we have the right to say no to being touched.

Children will learn the correct **names** of parts of their body, including nipple, penis and vulva, and know which is male and which is female.

Lesson 2 - Feelings, this is how I feel.

Key Messages

- We have lots of different feelings.
- We can talk to our family, friends, teachers and classmates about our feelings.

Children will be able to...

- State a variety of feelings that they know.
- Role play a variety of feelings and the situations in which they might feel these.
- Suggest people they can talk to about their feelings.

Lesson 3 - Stranger danger, keep safe.

Key Messages

- Any people we don't know are strangers. They can be male or female and be wearing any kind of clothes, and behave in all sorts of different ways.
- If we are uncomfortable remember *Run, Yell, Tell.*

Children will be able to...

- Recognise the different kinds of people strangers might be.
- Identify possible situations which could be dangerous.
- Suggest strategies they can use to avoid dangerous situations.
- Identify people who can help.

Lesson 4 - My life, my special people.

Key Messages

- We have lots of special people in our lives, we care for them and they care for us.
- We are special to people in different ways

Children will be able to...

- Name the people who are special to them.
- Explain why these people are special to them.