



Sexual Health and Relationships Education Primary 4

Lesson 1 - Who cares? We care!

Key Messages

- We can show how we feel in a variety of ways.
- Everyone has something positive about them. We don't all have the same feelings/ emotions but we have to understand that all people are different. We should respect others ways of living their lives and the ways they behave.
- Try and look for something positive in all people.

Children will be able to...

- Identify a range of feelings through facial expressions, use of voice and language and use of body language.
- Explain how they could respect themselves and others through considering feelings.
- State how they would deal with differences in a caring respectful way when coming across situations they are not familiar with.

Lesson 2 - Feeling good, you choose!

Key Messages

- Touches can feel good or bad, it will depend on the situation, and who is doing the touching.
- Family members play a big part in the choices you make while you are growing up.

Children will be able to...

- Discuss examples of ways to express feelings through touch.
- Identify situations where touch may be inappropriate.
- Suggest people who may be involved in making choices for them and the role they play in making choices.

Lesson 3 - Problems, we can fix them!

Key Messages

- It is often with the people we spend the most time with that we have problems or situations to try and sort out.
- It is important to try and sort things out in a calm way that tries to solve the problem in a satisfactory way for everyone.
- We can't always expect things to go our way so we have to learn to compromise.

Children will be able to...

- Consider possible problems or situations that may arise between various groups of people.
- State possible ways in which problems can be resolved.
- Use effective communication to resolve problems.
- Empathise with others to resolve problems.

Lesson 4 - Our life, who cares for us?

Key Messages

- Healthcare professionals will support us in looking after our health throughout our lives.
- The baby spends about 9 months growing in the mother's uterus before it is fully developed and ready to be born. Healthcare professionals support the mother throughout.

Children will be able to...

- Recognise the role that doctors, nurses, dentists, opticians, etc. play in helping us to stay healthy
- Explain why visiting the doctor/nurse is a good thing to do.
- Discuss how human life develops in the womb and how a baby is born.