



Health and Wellbeing Curriculum Overview

Second Level - Primary 6

Planning Block	Key Themes	Circle Time	RSHP Lessons	Key Resources
1 (Sep/Oct)	Values/ Healthy Body and Mind	<ul style="list-style-type: none"> Taking time to know and appreciate each other Listening carefully to what people say 	<ol style="list-style-type: none"> A Fair and Equal Life for Boys and Girls: Stereotypes and Equality A Fair and Equal Life for Boys and Girls: Being Fair A Fair and Equal Life for Boys and Girls: Being Transgender 	Your Body Matters
2 (Oct/Nov)	Anti-Racism / Anti-Bullying / Resilience	<ul style="list-style-type: none"> Bouncing back from setbacks and disappointments Blaming fairly 		Relationships, Sexual Health and Parenthood (RSHP)
3 (Dec/Jan)	Keeping Safe / Relationships	<ul style="list-style-type: none"> Kindness Friendship 	<ol style="list-style-type: none"> Consent: What is Consent? Consent: My Body is Mine Social Media and Popular Culture: Where Do We Go Online? Social Media and Popular Culture: Being Smart Online 	Go Safe Scotland
4 (Feb/Mar)	Healthy Relationships	<ul style="list-style-type: none"> Positive/negative feelings Identifying support systems Resolving conflict 	<ol style="list-style-type: none"> Love and Relationships: What is Love? Love and Relationships: Being Attracted to Someone Sex: How People Have Sex / What Do They Do? How Human Life Begins, Pregnancy and Birth Menstruation 	Relationships, Sexual Health and Parenthood (RSHP)
5 (Mar/Apr)	Success and Ambition	<ul style="list-style-type: none"> Setting and achieving goals Cooperation 		Equip for Excellence
6 (May/June)	Alcohol and Drug Awareness / Transition	<ul style="list-style-type: none"> Accepting change as a natural part of life P7 transition 		Rory