



Health and Wellbeing Curriculum Overview

Second Level - Primary 7

Planning Block	Key Themes	Circle Time	RSHP Lessons	Key Resources
1 (Sep/Oct)	Values / Healthy Body and Mind	<ul style="list-style-type: none"> <li>Getting to know each other</li> <li>Similarities and differences</li> <li>Taking time to relax</li> </ul>	1. <a href="#">My Senses: Things I Like/Don't Like</a>	Your Body Matters
2 (Oct/Nov)	Anti-Racism / Anti-Bullying / Resilience	<ul style="list-style-type: none"> <li>Accepting change</li> <li>Coping with worries</li> <li>Bouncing back from disappointment</li> </ul>		Relationships, Sexual Health and Parenthood (RSHP)
3 (Dec/Jan)	Keeping Safe / Relationships	<ul style="list-style-type: none"> <li>Friendship/Popularity</li> <li>Loneliness</li> <li>Sharing worries</li> </ul>	1. <a href="#">Protecting Me - Abuse and Relationships: Physical Abuse and Neglect</a> 2. <a href="#">Protecting Me - Abuse and Relationships: Sexual Abuse</a>	Go Safe Scotland
4 (Feb/Mar)	Healthy Relationships / Transitions	<ul style="list-style-type: none"> <li>Feelings about going to Secondary School</li> <li>Identifying strengths</li> <li>Organisation skills</li> <li>Being supportive</li> </ul>	1. <a href="#">Being a Parent/Carer: What Does a Parent/Carer Need To Know and Do?</a> 2. <a href="#">Being a Parent/Carer : If I Were a Parent/Carer (</a> 3. <a href="#">Understanding Human Sexuality</a> 4. <a href="#">How Adults Plan and Prevent Pregnancy: Contraception and Condoms</a>	Relationships, Sexual Health and Parenthood (RSHP)
5 (Mar/Apr)	Success and Ambition	<ul style="list-style-type: none"> <li>Strengths and developments</li> <li>Self-confidence</li> <li>Positive/negative life events</li> <li>Taking responsibility</li> </ul>		Equip for Excellence
6 (May/June)	Changes / Alcohol and Drug Awareness	<ul style="list-style-type: none"> <li>Transition</li> </ul>		Choices for Life