



# MASCULINITY AND EMOTIONAL WELLBEING

## Learning Objectives and Curriculum Links: Scotland (Levels 3 & 4)

This guide provides learning objectives and curriculum links for teachers using the toolkit in Scotland. It should be used in association with Activity Guide 4: Masculinity and Emotional Wellbeing, which provides background information and prompts for further discussion around the *Bodies, Hearts and Minds* toolkit activity ‘Masculinity, Emotions, and Wellbeing’.

Separate guides with learning objectives and curriculum links are available for teachers of topics related to personal, social, health, and wellbeing education in England (4.1), Wales (4.2), and Northern Ireland (4.4) on the [Body, Self, and Family website](#).

### LEARNING OBJECTIVES

- ✚ To be able to explain some of the ways that attitudes to gender roles have changed over time (lower ability)
- ✚ To understand some of the reasons for changes in attitudes to gender roles over time (higher ability)
  
- ✚ To be able to identify stereotypes relating to gender roles (lower ability)
- ✚ To assess the effects of stereotypes relating to gender roles on people’s behaviour (higher ability)

- ✚ To understand some of the reasons why it can be difficult to talk about emotions (lower ability)
- ✚ To formulate strategies to help have productive conversations about emotions (higher ability)

**HOW DOES THIS ACTIVITY LINK TO THE CURRICULUM?**

**Health and Wellbeing (Personal and Social Education) (Scotland)**

	<b>Third Level</b>	<b>Fourth Level</b>
<b>Relationships, sexual health and parenthood: Positive relationships</b>	<p>I understand the importance of being cared for and caring for others in relationships, and can explain why. (HWB 3-44a)</p> <p>I recognise that power can exist within relationships and can be used positively as well as negatively. (HWB 3-45a)</p>	<p>I understand the importance of being cared for and caring for others in relationships, and can explain why. (HWB 4-44a)</p> <p>I recognise that power can exist within relationships and can be used positively as well as negatively. (HWB 4-45a)</p>
<b>Relationships, sexual health and parenthood: physical changes</b>		<p>I know that popular culture, the media and peer pressure can influence how I feel about myself and the impact this may have on my actions. (HWB 4-46b)</p>
<b>Relationships, sexual health and parenthood: sexual health and sexuality</b>	<p>I know that popular culture, the media and peer pressure can influence how I feel about myself and the impact this may have on my actions. (HWB 3-46b)</p>	<p>I am developing skills for making decisions about my relationships and sexual behaviour. I am able to apply these to situations that may be challenging or difficult. (HWB 4-46c)</p>

	<p>I am developing skills for making decisions about my relationships and sexual behaviour. I am able to apply these to situations that may be challenging or difficult. (HWB 3-46c)</p> <p>I reflect on how my attitudes, beliefs, values and morality can influence my decisions about friendships, relationships and sexual behaviour. (HWB 3-46a)</p>	<p>I reflect on how my attitudes, beliefs, values and morality can influence my decisions about friendships, relationships and sexual behaviour. (HWB 4-46a)</p>
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