



SEX EDUCATION

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 6: Sex Education, which provides background information and prompts for further discussion around the *Bodies, Hearts and Minds* toolkit activities ‘Sex Education Then & Now’ and ‘Men Too’.

Separate guides with learning objectives and curriculum links are available for teachers of topics related to personal, social, health, and wellbeing education in England (6.1), Wales (6.2), and Northern Ireland (6.4) on the [Body, Self, and Family website](#).

LEARNING OBJECTIVES

- ✚ To be able to identify the main changes in how sex education is delivered the past sixty years (lower ability)
- ✚ To assess the reasons for the main changes in advice in how sex education is delivered the past sixty years (higher ability)

- ✚ To be able to identify discriminatory assumptions within sex education in the past (lower ability)
- ✚ To understand the effects of discriminatory assumptions within past sex education on people (higher ability)

- ✚ To understand where to get further advice on sex, contraception, and safe sex practices (lower ability)

✚ To assess the reliability of different types of advice on sex, contraception, and safe sex practices (higher ability)

HOW DOES THIS ACTIVITY LINK TO THE CURRICULUM?

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

	Third Level	Fourth Level
Relationships, sexual health and parenthood: Positive relationships	<p>I understand and can explain the importance of, and need for, commitment, trust and respect in loving and sexual relationships. I understand the different contexts of such relationships including marriage. (HWB 3-44c)</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 and can explain the importance of, and need for, commitment, trust and respect in loving and sexual relationships. I understand the different contexts of such relationships including marriage. (HWB 4-44c)</p> <p>I recognise that power can exist within relationships and can be used positively as well as negatively. (HWB 4-45a)</p>
Relationships, sexual health and parenthood: physical changes	<p>I understand my own body’s uniqueness, my developing sexuality, and that of others. (HWB 3-47a)</p>	<p>I understand my own body’s uniqueness, my developing sexuality, and that of others. (HWB 4-47a)</p> <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>

<p>Relationships, sexual health and parenthood: sexual health and sexuality</p>	<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 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>Using what I have learned I am able to make informed decisions and choices that promote and protect my own and others' sexual health and wellbeing. (HWB 3-47b)</p> <p>I know how to manage situations concerning my sexual health and wellbeing and am learning to understand what appropriate sexual behaviour is. (HWB 3-49a)</p> <p>I know how to access services, information and support if my sexual health and wellbeing is at risk. I am aware of my rights in relation to sexual health including my right to confidentiality, and my responsibilities, including those under the law. (HWB 3-48a)</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 reflect on how my attitudes, beliefs, values and morality can influence my decisions about friendships, relationships and sexual behaviour. (HWB 4-46a)</p> <p>Using what I have learned I am able to make informed decisions and choices that promote and protect my own and others' sexual health and wellbeing. (HWB 4-47b)</p> <p>I know how to manage situations concerning my sexual health and wellbeing and am learning to understand what appropriate sexual behaviour is. (HWB 4-49a)</p> <p>I know how to access services, information and support if my sexual health and wellbeing is at risk. I am aware of my rights in relation to sexual health including my right to confidentiality, and my responsibilities, including those under the law. (HWB 4-48a)</p>
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