

Health and wellbeing

Health and wellbeing draft experiences and outcomes

Curriculum levels

Level	Stage
Early	Pre-school and P1
First	To the end of P4, but earlier for some children
Second	To the end of P7, but earlier for some children
Third and Fourth	S1 to S3, but earlier for some. The fourth level broadly equates to SCQF level 4. Further guidance will be published within the <i>Building the Curriculum</i> series.
Senior Phase	S4 to S6

Health and wellbeing

The experiences and outcomes which are the responsibility of all within the school community are shown in italics.

<p>Mental, emotional, social and physical wellbeing</p>	<p><i>To enhance my learning and personal development, I can expect my learning environment at all stages to support me to:</i></p> <ul style="list-style-type: none"> • <i>build and maintain my confidence, resilience, self-awareness and self worth</i> • <i>understand and maintain positive mental wellbeing through participation in a wide range of activities</i> • <i>build on my knowledge of the human body in order to maintain and improve physical wellbeing and health</i> • <i>present opportunities for me to be physically active and teach me what I need to know to help me to maintain a healthy lifestyle</i> • <i>understand that my teachers have a responsibility to be open to and listen to my concerns and to refer concerns on to other people where necessary.</i>
<p>These experiences and outcomes span all levels from early to fourth and should be visited and revisited as and when appropriate to the child or young person.</p>	<p style="text-align: center;">At all stages</p> <p><i>I am learning that we all experience a variety of emotions that affect how we think, feel and behave.</i></p> <p><i>I know how to describe my feelings about what is going well or where support is needed.</i></p> <p><i>I know that my feelings and behaviour change depending upon what is happening within and around me. This helps me to understand the way that others behave.</i></p> <p><i>I value friendships and know that caring, sharing fairness, equality and love are important in building friendships.</i></p> <p><i>I understand that people can often feel alone and can be misunderstood and left out by others. I know the importance of showing support by a caring reaction.</i></p> <p><i>I understand the importance of mental wellbeing, and know that people do not always enjoy good mental health. I know that when this happens there are people I can turn to for help.</i></p> <p><i>I know the rights to which I am entitled in society and the responsibilities which fall on me. I am learning to respect the rights of others.</i></p> <p><i>I recognise that each individual has a unique blend of needs and abilities and that the community of the school values individuals equally and is a welcoming place for all.</i></p> <p><i>I value the opportunities I am given to improve and manage my learning and, in turn, I can offer my skills to help encourage learning and confidence in others.</i></p>

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	At all stages
	<p><i>Representing my school and/or wider community encourages my self-worth and confidence and allows me to contribute to and participate in society.</i></p> <p><i>Through contributing my informed views, my time and my talents I play a part in bringing about positive change in my school and wider community.</i></p> <p><i>I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible.</i></p> <p><i>I know the actions I should take in an emergency including first aid.</i></p> <p><i>I know and can demonstrate how to travel safely whether on foot, on a bicycle, in a motor vehicle or on public transport.</i></p>

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Planning for choices and changes	<p><i>Throughout my learning I am supported in preparing for significant changes in my life by:</i></p> <ul style="list-style-type: none"> • <i>developing strategies which help me to meet challenges, manage change and build my resilience</i> • <i>reflect regularly on my strengths and skills, to help me to plan my next steps</i> • <i>raising my expectations, developing my potential and celebrating my achievements</i> • <i>using available guidance and resources to help me to make informed choices and develop personal plans.</i> 				
	Early	First	Second	Third	Fourth
	<p>In my everyday work and play, I make choices to help my learning and I enjoy sharing and using my experience.</p> <p style="text-align: right;">HWB 001A</p>	<p>I enjoy taking part in a variety of events and activities which help to give me confidence in my abilities and to recognise those of others.</p> <p style="text-align: right;">HWB 101A</p>	<p>Opportunities to carry out different roles in a variety of settings have encouraged me to recognise and build on strengths as I prepare for the next stage in my life and learning.</p> <p style="text-align: right;">HWB 201A</p>	<p>I am gaining an understanding of the world of work, the value of my current learning to the workplace and the attitudes, skills and abilities which I will need to develop.</p> <p style="text-align: right;">HWB 301A</p>	<p>Based on my interests and aptitudes, I am supported to make suitable choices, set manageable goals and plan for my next transition.</p> <p style="text-align: right;">HWB 401A</p>
<p><i>I know that people experience a number of circumstances in life, such as transitions or bereavement, which can be challenging or upsetting.</i></p> <p><i>I understand that there are people I can talk to and that there are a number of choices I can make to access practical and emotional support to help me and others in such circumstances.</i></p> <p style="text-align: right;">HWB 002B / HWB 102B / HWB 202B / HWB 302B / HWB 402B</p>					

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Physical education, physical activity and sport	<p><i>At all levels my learning in, through and about physical education, physical activity and sport:</i></p> <ul style="list-style-type: none"><i>• is enhanced by participating in a wide range of purposeful and enjoyable physical pursuits on a regular basis as part of a quality physical education programme and beyond</i><i>• takes account of my starting point my interests and my abilities, enabling me to acquire a range of physical competences and enhance my physical wellbeing</i><i>• allows me to experience a sense of personal achievement and motivation, increased confidence and positive self esteem as a reward for my best efforts</i><i>• enriches my life and improves my quality of living by developing my physical mental and social capacities</i><i>• develops in me a sense of safety and a knowledge of my body and how to recognise, evaluate and handle risk</i><i>• helps me to understand my physical health and the contribution made by participation in physical education, physical activity and sport in keeping me healthy and preparing me for life beyond school</i><i>• provides opportunities for social interaction and the acquisition of personal and interpersonal skills and strategies</i><i>• opens up opportunities to perform at the highest level I can achieve in sport or, if I choose, pursue careers in health or leisure industries.</i>
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	Early	First	Second	Third	Fourth
<p>Physical education provides the foundation for the development of concepts and skills necessary for participation in physical activity.</p> <p>It should give children and young people an important foundation for engaging in physical activities and sport, in preparation for a healthy and fulfilling lifestyle.</p> <p>The Scottish Government expects schools to continue to work towards the provision of two hours of good quality PE for every child every week.</p>	<p>I enjoy exploring different ways that I can move my body, discovering how to manage and control it and finding out how to use and share space.</p> <p>HWB 004C</p>	<p>By taking part in a variety of enjoyable physical experiences, I am discovering the ways that I can link actions and skills to create movement patterns and sequences.</p> <p>HWB 104C</p>	<p>Participating in enjoyable physical experiences has motivated me to practise and improve my skills and to develop control and flow.</p> <p>HWB 204C</p>	<p>As I encounter new challenges and contexts for learning, I am encouraged and supported to demonstrate my ability to select and apply movement skills and strategies, creatively, accurately and with control.</p> <p>HWB 304C / HWB 404C</p>	
	<p>I am enjoying using small and large equipment in different physical experiences to explore and practise my movement skills.</p> <p>HWB 005D</p>	<p>By taking part in different physical experiences, I am enjoying practising using small and large equipment safely and creatively to acquire skills, and to develop technique.</p> <p>HWB 105D</p>	<p>Exciting, new challenges and the opportunity to work with different kinds of equipment have enabled me to acquire new skills, to use learned skills creatively and to develop my technique further.</p> <p>HWB 205D</p>	<p>I can demonstrate, using a broad range of equipment, my ability to modify learned skills in a wider range of contexts and enjoy engaging in increasingly challenging physical experiences.</p> <p>HWB 305D</p>	<p>Having participated in a wide range of physical experiences, I can follow action plans, organise my time to practise, consolidate and refine my skills.</p> <p>HWB 405D</p>

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	Early	First	Second	Third	Fourth
Co-operation and competition: interpersonal skills	<p>I recognise the need to follow rules and to be aware of my own and others' needs and feelings especially when taking turns and sharing resources.</p> <p>HWB 006E</p>	<p>Working on my own, with a partner or in a small group, I can follow and understand rules and procedures to develop physical skills, and achieve personal goals.</p> <p>HWB 106E</p>	<p>By participating in a variety of small and large group activities, I am experiencing enjoyment, challenge and degrees of success and with support, I can implement ways to improve.</p> <p>HWB 206E</p>	<p>By experiencing the challenges of competition, I am developing the skills to lead and support group work, to act responsibly as an individual and to contribute effectively to groups and teams.</p> <p>HWB 306E</p>	<p>Having been involved in peer teaching and leadership situations which focus on skill development and improvement, I am able to use this experience to undertake different roles, assuming organisational and/or planning responsibility for aspects of a physical event.</p> <p>HWB 406E</p>
		<p>By participating in co-operative and competitive physical experiences, I can recognise and adopt different roles.</p> <p>HWB 107F</p>	<p>I can demonstrate tactics and strategies to achieve identified goals while participating in small group co-operative and competitive experiences.</p> <p>HWB 207F</p>	<p>By participating in a range of physical experiences, I can recognise the differing abilities and strengths of group members, including myself, and use this knowledge to develop and implement individual and group tactics and strategies.</p> <p>HWB 307F</p>	<p>By participating in physical experiences and pursuits within school or beyond I understand the importance of creating a supportive and inclusive environment and I can demonstrate how my personal and social behaviour contributes to positive learning and fair play.</p> <p>HWB 407F</p>

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	Early	First	Second	Third	Fourth
Evaluating and appreciating	<p>By exploring and observing movement, I can describe what I have learned about it.</p> <p>HWB 007G</p>	<p>I am aware of progress and achievement by discussing my thoughts and feelings and giving and accepting feedback on my own and others' work.</p> <p>HWB 108G</p>	<p>By reflecting on my own and others' work and evaluating it against shared criteria, I can recognise improvement and achievement and use this to progress further.</p> <p>HWB 208G</p>	<p>I can analyse and discuss elements of my own and others' work, celebrating success and achievement, recognising strengths and identifying areas where improvements can be made.</p> <p>HWB 308G</p>	<p>Having reflected on personal experiences I can:</p> <ul style="list-style-type: none"> • observe closely, reflect, describe and analyse key aspects of my own and others' performances • make informed judgements, specific to an activity • monitor and take responsibility for improving my own performance based on recognition of personal strengths and development needs. <p>HWB 408G</p>

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<p>Physical activity and sport</p> <p>Physical activity and sport will take place in addition to planned PE sessions, at break times and lunchtimes and beyond the school day. The experiences and outcomes in physical education, physical activity and sport are intended to establish the pattern of daily physical activity which, research has shown, is most likely to lead to sustained physical activity in adult life.</p>	<p><i>I am enjoying opportunities to be physically active in my learning, in the classroom, in the school and in the outdoor environment and community.</i></p> <p><i>I am able to enrich my learning across the curriculum by taking part in physical experiences which are active and enhance my learning.</i></p> <p><i>I am encouraged and supported to travel actively and safely to and from my place of learning.</i></p>				
	Early	First	Second	Third	Fourth
	<p><i>I am enjoying daily opportunities to participate in different kinds of energetic play, both outdoors and indoors.</i></p> <p style="text-align: right;">HWB 007H</p>	<p><i>Within and beyond the school day I enjoy taking part in daily physical activities and sport, making use of available indoor and outdoor space.</i></p> <p style="text-align: right;">HWB 109H</p> <p>I am aware of the role physical activity plays in keeping me healthy and know that I need to sleep and rest too, to look after my body.</p> <p style="text-align: right;">HWB 110J</p>	<p>I am experiencing enjoyment and achievement on a daily basis by taking part in different kinds of energetic physical activities, including sport, of my choosing available at school and in the wider community including opportunities for outdoor learning.</p> <p style="text-align: right;">HWB 209H / HWB 309H</p> <p>I understand that to maintain good health, I need to be active on a daily basis and try to achieve a balance of sleep, rest and physical activity.</p> <p style="text-align: right;">HWB 210J / HWB 310J</p>	<p>I continue to enjoy daily participation in moderate to vigorous physical activity and sport and can demonstrate my understanding that it:</p> <ul style="list-style-type: none"> • contributes to and promotes my learning • develops my physical and mental fitness and co-ordination • develops my social skills, positive attitudes and values • is essential for living a healthy lifestyle. <p style="text-align: right;">HWB 409H</p>	

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	Early	First	Second	Third	Fourth
Physical activity and sport	<p>I can describe how I feel after taking part in energetic activities and I am becoming aware of some of the changes that take place in my body.</p> <p>HWB 008K</p>	<p>I can use my experience of daily physical activity to explain that the energy for activity comes from the food I eat and that healthy choices and positive experiences can protect my health and wellbeing.</p> <p>HWB 111K</p>	<p>Having investigated the links between physical activity and energy, I can demonstrate the positive steps I have taken to balance my energy intake with the energy I use in physical activity.</p> <p>HWB 211K / HWB 311K</p>		<p>Investigating the Scottish and wider context has made me aware of factors which can influence participation in physical activity and food choices, and the impact of inactivity on population health. I can use this information to inform my own health choices.</p> <p>HWB 410K</p>

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Food and health	<p>At all levels, my learning in food and health will:</p> <ul style="list-style-type: none"> • <i>help me to develop an understanding of the relationship between food, health and wellbeing</i> • help me to develop an understanding of what constitutes a healthy balanced diet • develop an awareness of the importance of food within a social and cultural context • develop an awareness of political debate which surrounds food and health • <i>help develop an appreciation that eating food can be a pleasant and social activity</i> • provide information about skills for work and occupations within the food industry. 				
	Early	First	Second	Third	Fourth
Nutrition	<p>Together we enjoy handling, tasting, talking and learning about different foods, discovering ways in which eating and drinking may help us to grow and keep healthy.</p> <p>HWB 009L</p>	<p>By investigating the range of foods available in my place of learning, I can discuss which can contribute to a healthy diet.</p> <p>HWB 112L</p> <p>I am developing a sense of enjoyment and achievement when creating simple healthy foods and drinks.</p> <p>HWB 113M</p>	<p>I can apply knowledge and understanding of:</p> <ul style="list-style-type: none"> • current healthy eating advice • how a balanced diet contributes to a healthier lifestyle. • to contribute to a healthy eating plan for my place of learning. <p>HWB 212L</p>	<p>By taking part in practical food activities, I can understand how to improve my food choices by taking account of current healthy eating advice.</p> <p>HWB 312L</p>	<p>I have investigated dietary legislation and guidance relating to food and I can begin to understand how this impacts on my school community and beyond.</p> <p>HWB 411L</p>
	<p><i>I am helping my family and friends to think about their food choices by sharing what I have learned.</i></p> <p>HWB 010N / HWB 114N / HWB 213N / HWB 313N / HWB 412N</p>				

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	Early	First	Second	Third	Fourth
Nutrition (continued)				<p>Through practical food activities using different foods and drinks, I can:</p> <ul style="list-style-type: none"> • identify key nutrients, their sources and functions • demonstrate the links between energy, nutrients and health. <p>HWB 314P</p>	<p>Using my knowledge and understanding of nutrition, current healthy eating advice and the needs of different groups in the community, I can apply this when planning, choosing, cooking and evaluating dishes.</p> <p>HWB 413P</p>
	<p>I am becoming aware that people need different kinds of food to keep them healthy.</p> <p>HWB 011Q</p>	<p>I am beginning to understand that nutritional needs change at different stages of life.</p> <p>HWB 115Q</p>	<p>I understand that people at differing life stages or with different lifestyles have a range of nutritional needs.</p> <p>HWB 214Q</p>	<p>I am developing my understanding of the nutritional needs of people who have different conditions and requirements.</p> <p>HWB 315Q</p>	<p>Having identified diet related conditions, I can adapt and cook recipes to suit individual needs.</p> <p>HWB 414Q</p> <p>Having assessed how lifestyle or life stages can impact on peoples' nutritional needs, I can explain how these needs are met.</p> <p>HWB 415R</p>

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	Early	First	Second	Third	Fourth
Safe and hygienic practices	I am becoming aware of how cleanliness, hygiene and safety can affect health and wellbeing and can practice this in my everyday routines such as taking care of my teeth. HWB 012S / HWB 116S	Having learned about cleanliness, hygiene and safety, I can apply these principles to my everyday routines, understanding their importance to health and wellbeing. HWB 215S	I can apply food safety principles when buying, storing, preparing, cooking and consuming food. HWB 316S	Having explored the conditions for bacterial growth, I can use this knowledge to inform my practice and control food safety risks. HWB 416S	
Food and the consumer	When eating socially within and beyond my place of learning, I am developing an awareness that people have different food preferences. HWB 013T / HWB 117T	Through exploration and discussion, I can understand that food preferences may be influenced by factors such as food sources, finance, culture and religion. HWB 216T	Having explored a range of issues which may affect food choice, I can discuss how this could impact on the individual's health. HWB 317T / HWB 417T		
	I explore and discover where foods come from as I choose, prepare and taste different foods. HWB 013U	When preparing and cooking a variety of foods, I am becoming aware of the journeys which foods make from source to consumer, their seasonality, their local availability and their sustainability. HWB 114U / HWB 214U	By selecting from a variety of fresh and ready prepared ingredients, I can create healthy food options to meet an identified need. HWB 312U / HWB 418U		

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	Early	First	Second	Third	Fourth
			<p>By investigating food labelling systems, I can begin to understand their contribution in making healthy food choices.</p> <p style="text-align: right;">HWB 215V</p>	<p>Using my knowledge of nutrition and current healthy eating advice, I can evaluate the information on food packaging, enabling me to make informed choices when preparing and cooking healthy dishes.</p> <p style="text-align: right;">HWB 313V</p>	<p>I have investigated the packaging of food and can understand the legal requirements for manufacturers.</p> <p style="text-align: right;">HWB 419V</p>
Food and the consumer (continued)	<p>Through experiences in my everyday life, I am beginning to recognise different products.</p> <p style="text-align: right;">HWB 014X</p>	<p>I am discovering the different ways that advertising and the media can affect my choices.</p> <p style="text-align: right;">HWB 115X</p>	<p>I can understand how advertising and the media are used to influence consumers.</p> <p style="text-align: right;">HWB 216X / HWB 314X</p>	<p>By investigating different influences on the consumer, I can discuss how consumers can be influenced by external sources.</p> <p style="text-align: right;">HWB 420X</p>	<p>I can explain basic legal rights and responsibilities of the consumer, recognising the agencies that can help.</p> <p style="text-align: right;">HWB 421Y</p>

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Substance misuse (over-the-counter and prescribed medicines, alcohol, drugs, tobacco, solvents)	My learning experiences enable me to: <ul style="list-style-type: none"> • develop knowledge, skills and understanding in relation to substance use and misuse • explore and debate values, attitudes and behaviours • understand the impact of risk taking behaviour on life choices • make informed personal choices which will keep me safe and healthy. 				
	Early	First	Second	Third	Fourth
	I am aware of how to safely use medicines and how to keep safe from those which could be harmful to me. HWB 015Z	I know that there are medicines and other substances that can be safely used to improve health and wellbeing. HWB 116Z	I understand the positive effects that substances can have on the mind and body but I am also aware of the negative and serious consequences both physically and socially of their misuse. HWB 217Z / HWB 315Z / HWB 422Z		
	I am becoming aware that there are risks in touching and eating certain things and I know what to do if I find them. HWB 016AA	I am becoming aware of the choices that exist that can affect my health and wellbeing and I am beginning to understand the importance of these. HWB 117AA	I am developing assertiveness and resilience strategies which can support decision-making about substance use and can use these strategies to make informed choices to improve my health and wellbeing. I can apply these strategies in situations that may be stressful, challenging or involve peer pressure. HWB 218AA / HWB 316AA / HWB 423AA		
		After assessing options and the consequences of my decisions, I can identify safe and unsafe behaviours and actions. HWB 219BB / HWB 317BB / HWB 424BB			
		I know that the use of alcohol and drugs can affect the decisions that people make about relationships and sexual health. HWB 220CC / HWB 318CC / HWB 421CC			
I am aware of the people who can help me. HWB 017DD	I know where and how to get help when I need it. HWB 118DD	I know how to access information and support for substance-related issues. HWB 221DD / HWB 319DD / HWB 422DD			

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	Early	First	Second	Third	Fourth	
Substance misuse (continued)	I can show ways of getting help in emergency situations. HWB 018EE	I know how to react in unsafe and emergency situations. HWB 119EE	I know the action I should take in the management of incidents and emergencies related to substance misuse. HWB 222EE / HWB 320EE / HWB 423EE	I know that popular culture, the media and peer groups can influence how I feel about substance use and recognise the impact this may have on my actions. HWB 223FF / HWB 321FF / HWB 424FF	I understand the impact that ongoing misuse of substances can have on my health, future life choices and options. HWB 224GG / HWB 322GG / HWB 425GG	I understand the local, national and international impact of substance misuse. HWB 225HH / HWB 322HH / HWB 426HH

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Relationships, sexual health and parenthood	<p>My learning experiences enable me to:</p> <ul style="list-style-type: none"> • develop my knowledge, skills and understanding of relationships, sexual health and parenthood • explore and debate values, attitudes and behaviours • recognise my own identity and develop a sense of self-worth • <i>establish and maintain healthy relationships</i> • understand the impact of risk taking behaviour on life choices • <i>respect uniqueness and acknowledge diversity</i> • understand the importance of family relationships to help nurture health and wellbeing. 				
	Early	First	Second	Third	Fourth
	<p><i>As I develop relationships, I care and show respect for myself and others.</i></p>				
	<p>I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships.</p> <p style="text-align: right;">HWB 019JJ / HWB 120JJ</p>	<p>I understand how relationships are formed and the wide range that exist, including loving relationships.</p> <p style="text-align: right;">HWB 226JJ</p>	<p>I understand and can demonstrate the qualities and skills required to sustain different types of relationships.</p> <p style="text-align: right;">HWB 323JJ / HWB 427JJ</p>		
<p>I understand when relationships upset me and who I should talk to when this happens.</p> <p style="text-align: right;">HWB 023KK / HWB 124KK</p>	<p>I am aware that positive friendships and relationships can enrich my health and wellbeing.</p> <p style="text-align: right;">HWB 227KK</p>	<p>I am learning about the need for commitment, trust and respect in loving relationships. I understand that these can manifest themselves in a variety of forms, including marriage.</p> <p style="text-align: right;">HWB 324KK / HWB 428KK</p>			

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	Early	First	Second	Third	Fourth
Relationships, sexual health and parenthood (continued)		<p>I know that there are people in our lives who care for and look after us and I am aware that we all belong to different family groups. HWB 020MM / HWB 121MM</p>	<p>I am gathering the skills to cope with changing relationships and I understand the impact this can have on my emotional wellbeing. HWB 228LL</p> <p>I am aware of the need to respect personal space and can recognise and respond to non-verbal communication. HWB 229MM</p> <p>I understand the relationship between thoughts, feelings and behaviour and how these can impact on my health and wellbeing. HWB 230PP</p>	<p>I recognise that power can exist within relationships and can be used positively as well as negatively. HWB 325LL / HWB 429LL</p> <p>I understand the importance of being cared for and caring for others in relationships. HWB 326MM / HWB 430MM</p> <p>I reflect on how my attitudes, beliefs, values and morality can influence my decisions about friendships, relationships and sexual behaviour. HWB 327NN / HWB 431NN</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 328PP / HWB 432PP</p> <p>I am exploring strategies for making decisions about my relationships and sexual behaviour. I am able to apply these strategies to situations that may be challenging or difficult. HWB 329QQ / HWB 433QQ</p>	

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	Early	First	Second	Third	Fourth
Relationships, sexual health and parenthood (continued)	<p>I am aware of my growing body and the names we use to describe its different parts. HWB 021RR / HWB122RR</p>	<p>I can describe changes in growth and development during puberty and the importance of personal hygiene. HWB 231RR</p>	<p>I understand my own body's uniqueness and my developing sexuality. HWB 330RR / HWB 434RR</p>		
	<p>I recognise that we possess similarities and differences and that we are all unique. HWB 022SS / HWB 123SS</p>	<p>I recognise how my body changes can affect how I feel about myself and how I may behave. HWB 233SS</p> <p>I am able to describe how human life begins and how a baby is born. HWB 234UU</p> <p>I know that domestic and sexual abuse is wrong and I know who I should talk to if I am worried about this. HWB 235XX</p>	<p>Using what I have learned I am able to make decisions and choices that promote and protect my own and others' sexual health and wellbeing. HWB 331TT / HWB 435TT</p> <p>I understand the local, national and international impact of Sexually Transmitted Infections and Blood-Borne Viruses. HWB 332VV / HWB 436VV</p> <p>I know how to manage situations concerning my sexual health and wellbeing and I know how to access support, advice and information to help me make informed and responsible choices. HWB 333WW / HWB 437WW</p> <p>I know what appropriate sexual behaviour is and I know how and where to seek help and advice should my sexual health be at risk. HWB 334XX / HWB 438XX</p>		

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	Early	First	Second	Third	Fourth
Relationships, sexual health and parenthood (continued)	I am able to show an awareness of the tasks required to look after a baby. HWB 024ZZ / HWB 125ZZ		I understand the role of a parent/carer and the skills, commitment and qualities that these roles require. HWB 236ZZ I can explain the support and care necessary for a parent/carer and child to ensure that the child is nurtured through the different stages of childhood. HWB 237Aa	I know where to get support and help with situations involving sexual and domestic abuse and I understand that there are laws which protect me from harm. HWB 335YY / HWB 439YY I can explain the importance and the enduring and complex responsibility of being a parent/carer and the impact of parenting on life choices and options. HWB 336ZZ / HWB 440ZZ	
			I can explain the benefits of breastfeeding on health and wellbeing. HWB 238Bb / HWB 337Bb	I understand the short and long-term benefits of breastfeeding, such as the nutritional impact and the maternal bond, and I am aware of issues associated with breastfeeding. HWB 441Bb	