

## Support your child's learning – Relationships, sexual health and parenthood

English version	Gaelic version
<b>Relationships, sexual health and parenthood</b>	<b>Dàimhean, slàinte ghnèitheasach agus pàrantachd</b>
Simple ideas to support your child in forming positive relationships and to make them aware of how thoughts, feelings, attitudes, values and beliefs can influence decisions about relationships and sexual health.	Beachd-smuaintean sìmplidh mar thaic do ur pàiste ann a bhith a' cumadh dhàimhean dearbhach agus gus an dèanamh mothachail do mar a dh'fhaodas smuaintean, faireachdainnean, beachdan, luachan agus creideasan buaidh a thoirt air co-dhùnaidhean a thaobh dhàimhean agus slàinte ghnèitheasach.

Secondary	Àrd-sgoil
<b>Third-fourth level (S1-S3)</b>	<b>Treas-ceatharamh ìre (ÀS1-ÀS3)</b>
<ul style="list-style-type: none"> <li>Encourage your child to adopt a caring attitude towards their family, friends and others.</li> <li>Demonstrate qualities and skills that help to maintain positive relationships when interacting with other people.</li> <li>Talk to your child about their right to choose the type of relationships to be in. Think together about what to do and who to talk to if relationships don't go as planned or hoped.</li> <li>Talk to your child about stories, comments, pictures or other information on relationships and sex that they see on social media, and how these make them feel.</li> <li>Answer questions on different types of relationships and partnerships with an open mind.</li> </ul>	<ul style="list-style-type: none"> <li>Brosnaichibh ur pàiste gu seasamh cùramach a ghabhail a dh'ionnsaigh an teaghlaich, caraidean is eile.</li> <li>Seallaibh feartan agus sgilean a tha a' cuideachadh le dàimhean dearbhach a chumail suas nuair a tha iad ag eadar-obrachadh le daoine eile.</li> <li>Bruidhnibh ri ur pàiste mu an còir air na seòrsa dhàimhean a thaghadh sa bheil iad airson a bhith. Smaoinichibh còmhla air na nithean agus cò ris a bhruidhnear mura tèid dàimhean air adhart mar a bha an dùil.</li> <li>Bruidhnibh ri ur pàiste mu sgeulachdan, beachdan, dealbhan no fiosrachadh eile mu dhàimhean agus feise, a tha iad a' faicinn air na meadhanan sòisealta agus mar a tha iad a' toirt orra a bhith a' faireachdainn.</li> <li>Freagraibh ceistean mu dhiofar sheòrsaichean dhàimhean agus chom-pàirteachasan le inntinn fhosgailte.</li> </ul>

<ul style="list-style-type: none"> <li>• Explain the importance of, and need for, commitment, trust and respect in loving and sexual relationships. Help your child to understand that they should never feel pressured into having sex or any other sexual activities.</li> </ul>	<ul style="list-style-type: none"> <li>• Mìnichibh cho cudromach agus an fheum air dealas, earbsa agus spèis ann an dàimhean gaolach agus feiseil. Cuidichibh ur pàiste gu tuigsinn nach bu chòir dhaibh faireachdainn fo bhruthadh aig àm sam bith a thaobh feise no gnìomhachdan feise.</li> </ul>
<ul style="list-style-type: none"> <li>• Use issues from the news, magazines, TV programmes or films to talk with your child about how they feel about themselves and about the ways they can be influenced by what others do and say.</li> </ul>	<ul style="list-style-type: none"> <li>• Cleachdaibh cùisean às na naidheachdan, irisean, prògraman TBh no filmichean airson bruidhinn ri ur pàiste mu dheidhinn mar a tha iad a' faireachdainn man deidhinn fhèin agus mu dheidhinn nan dòighean a dh'fhaodadh iad a thighinn fo bhuaidh nithean a chanas no a nì daoine eile.</li> </ul>
<ul style="list-style-type: none"> <li>• Trust your child to make decisions that will keep them safe and healthy within their relationships. Be prepared to offer guidance if your child faces challenging times or situations.</li> </ul>	<ul style="list-style-type: none"> <li>• Cuiribh earbsa nur pàiste gu co-dhùnaidhean a dhèanamh a chumas sàbhailte iad agus fallain an taobh a-staigh an dàimhean. Bithibh deiseil airson stiùireadh a thoirt seachad ma bhios ur pàiste a' cothachadh ri amannan no suidheachaidhean dùbhlach.</li> </ul>
<ul style="list-style-type: none"> <li>• Talk to your child about contraception and how to stay safe in sexual relationships.</li> </ul>	<ul style="list-style-type: none"> <li>• Bruidhnibh ri ur pàiste mu dheidhinn casg-gin agus mar a dh'fhuiricheas iad sàbhailte ann an dàimhean feiseil.</li> </ul>
<ul style="list-style-type: none"> <li>• Make your child aware of services available in your local area where they can get advice and information on relationships and sex. Encourage them to take responsibility for being safe and healthy.</li> </ul>	<ul style="list-style-type: none"> <li>• Dèanaibh ur pàiste mothachail do sheirbheisean a tha rim faotainn san sgìre ionadail agaibh, far am faigh iad comhairle agus fiosrachadh mu dhàimhean agus feise. Brosnaichibh iad gu uallach a ghabhail airson a bhith sàbhailte agus fallain.</li> </ul>
<ul style="list-style-type: none"> <li>• Remind your child of all of the adults who have looked after and cared for them and talk about the support these adults have provided.</li> </ul>	<ul style="list-style-type: none"> <li>• Cuiribh an cuimhne ur pàiste gach inbheach a tha air coimhead às an dèidh agus air cùram a ghabhail dhiubh agus bruidhnibh mun taic a tha na h-inbhich sin air a sholarachadh.</li> </ul>
<b>Senior phase/post-16</b>	<b>Ìre Ard/seachad air 16</b>
<ul style="list-style-type: none"> <li>• As your child begins new relationships, take time to find out about new friends and partners.</li> </ul>	<ul style="list-style-type: none"> <li>• Mar a bhios ur pàiste a' tòiseachadh air dàimhean ùra, gabhaibh ùine a' faighinn a-mach mu charaidean ùra agus companaich.</li> </ul>
<ul style="list-style-type: none"> <li>• Build a relationship with your child based on two-way trust and let them know that you are always there to listen.</li> </ul>	<ul style="list-style-type: none"> <li>• Togaibh dàimh le ur pàiste stèidhichte air earbsa dà-shligheach agus leigibh fios dhaibh gu bheil sibh ann an-còmhnaidh airson èisteachd.</li> </ul>
<ul style="list-style-type: none"> <li>• Find answers to difficult questions and situations together, making use of local services as appropriate.</li> </ul>	<ul style="list-style-type: none"> <li>• Lorgaibh freagairtean còmhla do cheistean agus suidheachaidhean duilich, a' dèanamh feum de sheirbheisean ionadail mar as iomchaidh.</li> </ul>
<ul style="list-style-type: none"> <li>• Model appropriate behaviours in your own relationships and in taking responsibility for your own health and wellbeing.</li> </ul>	<ul style="list-style-type: none"> <li>• Modailibh giùlanan iomchaidh nur dàimhean fhèin agus ann a bhith a' gabhail uallach airson ur slàinte agus sunnd fhèin.</li> </ul>

<ul style="list-style-type: none"> <li>• Be honest with your child about the realities and impacts of being a parent, both the positives and the challenges.</li> </ul>	<ul style="list-style-type: none"> <li>• Bithibh onarach le ur pàiste mu fhìorachdan agus buadhan a bhith nur pàrant, a thaobh nan nithean dearbhach agus na dùbhlana.</li> </ul>
<p>'Relationships, sexual health and parenthood' is one of six areas that your child will learn about as part of the health and wellbeing curriculum.</p> <p>For more information on health and wellbeing, see <a href="https://education.gov.scot/parentzone/learning-in-scotland/curriculum-areas/health-and-wellbeing/">https://education.gov.scot/parentzone/learning-in-scotland/curriculum-areas/health-and-wellbeing/</a></p>	<p>Is e 'Dàimhean, slàinte ghnèitheasach agus pàrantachd' aon de shia raointean mun ionnsaich ur pàiste, mar phàirt de churraicealam slàinte agus sunnd.</p> <p>Airson tuilleadh fiosrachaidh mu shlàinte agus sunnd, faicibh <a href="https://education.gov.scot/parentzone/learning-in-scotland/curriculum-areas/health-and-wellbeing/">https://education.gov.scot/parentzone/learning-in-scotland/curriculum-areas/health-and-wellbeing/</a></p>