

Health and Well-being - Relationships
Third Level HWB 3-44b *

I understand and can demonstrate the qualities and skills required to sustain different types of relationships.

Health and Well-being - Relationships
Third Level HWB 3-45b *

I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication.

Health and Well-being - Relationships, sexual health and parenthood
Third Level HWB 3-44a

I understand the importance of being cared for and caring for others in relationships, and can explain why.

Health and Well-being - Relationships, sexual health and parenthood
Third Level HWB 3-44c

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.

Health and Well-being - Relationships, sexual health and parenthood
Third Level HWB 3-45a

I recognise that power can exist within relationships and can be used positively as well as negatively.

Health and Well-being - Relationships, sexual health and parenthood
Third Level HWB 3-46a

I reflect on how my attitudes, beliefs, values and morality can influence my decisions about friendships, relationships and sexual behaviour.

Health and Well-being - Relationships, sexual health and parenthood
Third Level HWB 3-46b

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.

Health and Well-being - Relationships, sexual health and parenthood
Third Level HWB 3-46c

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.

Health and Well-being - Relationships, sexual health and parenthood
Third Level HWB 3-47a

I understand my own body's uniqueness, my developing sexuality, and that of others.

Health and Well-being - Relationships, sexual health and parenthood
Third Level HWB 3-47b

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.

Health and Well-being - Relationships, sexual health and parenthood
Third Level HWB 3-48a

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.

Health and Well-being - Relationships, sexual health and parenthood
Third Level HWB 3-49a

I know how to manage situations concerning my sexual health and wellbeing and am learning to understand what is appropriate sexual behaviour.

Health and Well-being - Relationships, sexual health and parenthood
Third Level HWB 3-49b

I know where to get support and help with situations involving abuse and I understand that there are laws which protect me from different kinds of abuse.

Health and Well-being - Relationships, sexual health and parenthood
Third Level HWB 3-51a

I can explain the importance and the enduring and complex responsibility of being a parent/carer, and the impact on life choices and options.

Health and Well-being - Relationships, sexual health and parenthood
Third Level HWB 3-51b

I can explain the support and care necessary to ensure a child is nurtured through the different stages of childhood.