### Relationships, Sexual Health and Parenthood

I can describe the role of a parent/carer and the skills, commitment and qualities the role requires

. HWB 2-51a

# Mental and Emotional Wellbeing

I understand there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances.

HWB 2-03a

## Mental and Emotional Wellbeing

I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.

HWB 2-05a

#### Relationships, Sexual Health and Parenthood

I am aware that positive friendships and relationships can promote health and the health and wellbing of others.

HWB 2-44b

## nurtured

#### **Social Wellbeing**

I make full use and value the opportunities to improve and manage my learning and, in turn, can encourage learning and confidence in others.

HWB 2-11a

### Food and Health

I understand that people at different life stages have differing nutritional needs and that some people may eat or avoid certain foods

HWB 2-32a

### P.E.P.A.S

I have investigated the role of sport and the opportunities it may offer me. I am able to access opportunities for participation in sport and the development of my performance in my place of learning and beyond.

HWB 2-26a

### Second Level NURTURED E/O Bundle

To support Rights Respecting Schools, here are the suggested articles in child friendly language that link to the wellbeing indicator 'NURTURED'.

### Article 4

The government has a responsibility to make sure your rights are protected. They must help your family to protect your rights and create an environment where you can grow and reach your potential.

### Article 5

Your family has the responsibility to help you learn to exercise your rights, and to ensure that your rights are protected.

### Article 15

You have the right to choose your own friends and join or set up groups, as long as it isn't harmful to others.

### Article 20

You have the right to special care and help if you cannot live with your parents.

### Article 21

You have the right to care and protection if you are adopted or in foster care.

### Article 27

You have the right to food, clothing, a safe place to live and to have your basic needs met. You should not be disadvantaged so that you can't do many of the things other kids can do.