Dear Parent/Carer

**Senior Phase: Relationships, Sexual Health and Parenthood Lessons**

This term we will use approximately four lessons in our learning to talk about a variety of topics under *Relationships, Sexual Health and Parenthood (RSHP).* The resource has been recently developed and can be found at **https://rshp.scot**

An excerpt from the literature:

***Why has it been developed?***

* *There is a need to improve the quality, relevance, consistency and coverage of RSHP education.*
* *We need to deliver RSHP education that helps protect children and young people from harm and supports them to understand that friendships and personal relationships should be healthy, happy and safe.*
* *The resource helps teachers to source material that is age and stage appropriate, so that they can focus on building relationships with learners.*
* *We need our RSHP education to reflect a modern and inclusive Scotland where we value and respect the human rights of everyone.*

The topics we are covering with our Senior Phase pupils include:

**Pornography**

Research tells us that it is likely that nearly every young person has been exposed to pornography by their mid-teens. This activity allows young people to reflect on what pornography they may have seen, to develop their own views on pornography and how it may affect their views of relationships and sex.

This guidance from the NSPCC can help you think about how to speak with your child about pornography:

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-porn/>

We are also telling young people that ChildLine offers good information and advice for them here:

<https://childline.org.uk/fapz>

**Different sexual practices**

We will not be talking about personal experiences, rather we want young people to have accurate information so that the choices they make, including not having sex, keep them healthy, happy and safe. We also believe that it is important to talk about the detail of sex because young people can be under pressure to do certain things they may not want to, this may be the case because of what young people see in pornography. A part of what we discuss will be to talk about consent, this is a common theme throughout our learning together.

**Prostitution**

Young people will be finding out about what the law says and what the impact on the person involved in prostitution can be. We want young people to be able to talk about such issues because we want them to be safe and to understand that they have the right to be healthy, happy and safe in their personal relationships. We want to help them understand that any aspect of sex or relationships that is harmful or exploits another person is wrong.

If you wish to discuss further or have any questions, please contact your child’s Guidance teacher.

Yours sincerely

Kemnay Academy Guidance Team