



A national teaching and learning resource for Relationships, Sexual Health and Parenthood (RSHP) education

<https://rshp.scot>

Welcome



This information session is about what we do in a part of our Health and Wellbeing curriculum that we call *Relationships, Sexual Health and Parenthood (RSHP)* education.

Sunnyside Primary School has decided to use a new national resource that you can see at <https://rshp.scot/>

Our RSHP curriculum has been in place for some years, it is part of Curriculum for Excellence. This is a new resource, designed to help us to deliver the existing RSHP curriculum.

What is the resource?



www.rshp.scot
admin@rshp.scot

- A teacher or early years practitioner can use the resource to support teaching and learning.
- All content is age and stage appropriate for learners 3-18 years, organised by Curriculum for Excellence Levels, from Early Level through to Senior Phase.
- It can be used in formal and informal learning settings.
- Content is up-to-date and engaging and meets the needs of learners with additional support needs, including mild to moderate learning disabilities.

Why does RSHP matter?



- <https://vimeo.com/361263347>

What will I find in the resource?

- The resource is made up of a series of Activity Plans that describe how a teacher can approach an aspect of RSHP education.
- The Activity Plans are supported by PowerPoints or other resources the lesson might need.
- There is information for parents and carers, ideas about communicating between school and home, reading lists for school libraries and reading at home.
- The resource is accessible and open to everyone; parents and carers can see what is being delivered in school.
- The resource was developed by a partnership of Local Authorities and Health Boards, with advice from Education Scotland and Scottish Government.

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.

Is the RSHP resource age and stage appropriate?



- <https://vimeo.com/361994410>

What do we do at Early Level?

When it comes to **families and friendships**, children learn:

- That all our families are different, and that people who are important to the children provide care and love.
- How to make and keep friendships, thinking about how they get along with other children, play together, co-operate and share. This can include learning about personal space and to recognise and respect how another person is feeling.
- About the importance of kindness and showing kindness to others.

When it comes to **every child being unique and special** children learn:

- That people are individual and unique.
- About the similarities and differences among children in their group.
- To understand that treating someone badly based on a difference is not okay.

What do we do at Early Level?

When it comes to **their bodies**, children learn about:

- Names for parts of their body – and that parts of their body are private.
- Keeping clean and why this is important – learning about hand washing and brushing teeth.

When it comes to **feelings and making choices** children learn:

- To recognise and express their feelings, including when they might feel safe or unsafe, happy or worried.
- To identify adults that they can go to if they have a question or a worry, introducing the idea of trust.

When it comes to **looking after them and other living things** children learn about:

- Where living things come from.
- The needs of plants, animals and babies.
- That there are professional people who help and care for them

Information for parents and carers about RSHP learning at Early Level at school and at home: <https://rshp.scot/early-level/>

What do we do at First Level?



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When it comes to **relationships** children learn about:

- What makes them unique
- Families, and how all our families are different
- The different adults who might care for children – like teachers, support staff in school
- Making and having friends
- Being a boy and a girl and that they can be any kind of boy or girl they want to be
- What makes people alike and what makes us different (diversity)
- Respect for others and the importance of being kind.

When it comes to **growing up and their body** children learn about:

- Making choices and decisions
- Looking after their body and keeping clean
- How their bodies change as they grow
- Names of parts of their body and names for private body parts; we use the words penis, vulva, bottom, nipples
- Parts of their body are private
- Other people should not touch the private parts of their body
- What behaviour is okay in public and what is okay in private (for example pulling pants up before leaving the bathroom).



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What do we do at First Level?

When it comes to **how human life begins, pregnancy and birth** children learn about:

- The life cycles of plants and animals
- How a baby is made (conception)
- Pregnancy and how a baby is born
- What a baby needs and how to care for a baby.

Information for parents and carers about RSHP learning at First Level at school and at home: <https://rshp.scot/first-level/>

What do we do at Second Level?

When it comes to **relationships** children learn about:

- What makes them unique and what makes people alike and what makes us different (diversity)
- Making and having friends
- Being a boy and a girl, and that they can be any kind of boy or girl they want to be
- Loving relationships and being attracted to others
- Respect for others and the importance of being kind – in our face-to-face relationships and online.

When it comes to **being safe** children learn about:

- Social media and being safe and smart online
- Feeling safe and unsafe
- Different kinds of abuse and neglect that can happen to a child
- What we mean by consent
- Who they can go to for help and support.

What do we do at Second Level?

When it comes to **growing up and learning about their body** children learn about:

- Making choices and decisions
- Looking after their body and keeping clean
- Puberty and how the bodies and emotions of both girls and boys change as they grow
- What 'having sex' is and about contraception and condoms.

When it comes to **conception, pregnancy, birth and being a parent/carer** children learn about:

- How a baby is made (conception)
- Pregnancy and how a baby is born
- Being a parent and thinking about what kind of parent they would be.

Information for parents and carers about RSHP learning at Second Level at school and at home: <https://rshp.scot/second-level/>

What do children and young people want from their RSHP education?



- <https://vimeo.com/361997291>

Let's look at the resource....



<https://rshp.scot>

Parents and Carers

- Across this resource, and in our school/centre approach to RSHP education, there is an acknowledgement that parents and carers are the primary educators of their children.
- In delivering RSHP education parents/carers will be given advance knowledge of topics and lessons.
- By learning together at home and school we can help consolidate learning – it's a partnership approach.

What is the role of parents and carers in RSHP education?



- <https://vimeo.com/361996285>



If you have further questions about the RSHP resource the FAQ section on the site may be of help:

<https://rshp.scot/faq/>

RSHP resource films

<https://vimeo.com/showcase/6310425>

The series of short films made, some of which are part of this presentation, are all available here.

- Why does RSHP matter?
- Who should receive RSHP?
- What does RSHP equip children and young people to deal with?
- What is my responsibility and what support is available in local areas?
- How do we acknowledge and respond to concerns about RSHP?
- Is the new teaching resource age and stage appropriate?
- What is the role of parents and carers within RSHP?
- What do children and young people want from their RSHP?
- What practical learning do children and young people receive from RSHP education?