

All RSHP programmes are LGBT-inclusive and are naturally linked to the Rights of the Child.



Be the best you can be!



Willowbank School

Be the best you can be!

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East Ayrshire Council
Comhairle Siorrachd Àir an Ear

**Relationships, Sexual
Health and Parenthood
(RSHP) Education at**



Establishment Aims

At Willowbank, Health and Wellbeing of the children and young people is at the heart of everything we do. This enables us to provide a safe, secure and happy environment where every child reaches their full potential, allowing pupils to be the 'be the best you can be'.

All children and young people, regardless of ability, are entitled to good quality relationships, sexual health and parenthood education (RSHP) which will allow them to develop the qualities, attitudes, skills and knowledge too become healthy, happy and fulfilled adults. At Willowbank we are committed to working with children and young people along with parents, carers and other professionals or organisations in order to create a positive culture around relationships, emotional wellbeing and mental health whilst supporting each young person journey into adulthood.

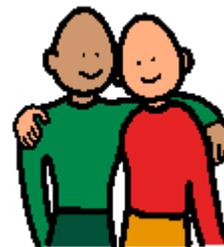
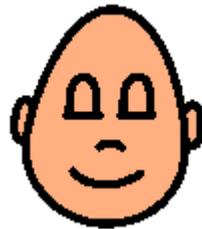
RSHP education is an integral part of Health and Wellbeing within Curriculum for Excellence and focuses on equipping children and young people with the knowledge, skills and values to make informed choices and form positive relationships. It can assist pupils in making safer decisions about their emotional health and wellbeing in a responsible, dignified and healthy manner as well as help to prepare young people for the transition to adulthood and adult services.

RSHP Programme

Our RSHP programme will help young people develop a greater understanding of how to form and maintain positive relationships with a variety of people and raise awareness of how thoughts, feelings, attitudes, values and beliefs can affect these relationships.

In Willowbank our RSHP programme is child-centered and sensitive to the individual needs, ability levels and experiences of each young person. Classes are made up of small groups of pupils whose needs, age and levels of understanding are of similar nature. Programmes are adapted every year to suit these needs and can be pitched at either an advanced level or a sensory and experiential level.

As part of the Secondary school curriculum, we have the opportunity to work with NHS specialists who work alongside staff to deliver such RSHP programmes to pupils.



What do we talk about?

Topics covered within a Willowbank RSHP programme can include; making friends, relationships, appropriate touch, personal space and boundaries, looking after ourselves, understanding our body, personal body parts, public and private, changing and growing, personal hygiene, keeping safe and developing independence.

Where possible and appropriate, teaching approaches remain practical and interactive with the use of social stories, role-play and lots of adapted visual aids to help young people gain a better understanding of what they are learning. The ultimate aim and outcome of these programmes is to ensure that young people are equipped with the necessary skills, understanding and support to cope with the ever changing demands of life as we grow and develop.

