



## KIRKHILL PRIMARY SCHOOL

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*At Kirkhill we are #PROUD of our school community. Everyone is encouraged to be creative, strive for excellence and be inspired to attain, achieve and be their best.*

### **Relationships, Sexual Health and Parenthood (RSHP) Curriculum**

Dear Primary 7 Parents/Carers,

I am writing to you today to give you some background information on the Primary 7 RSHP curriculum that is a key part of our wider Health and Wellbeing curriculum. We will be following the Scottish national RSHP curriculum which was introduced a few years ago as part of a Curriculum for Excellence update.

The curriculum is designed to be progressive from Primary 1 through to high school and gives pupils the age appropriate content they need to achieve each level. As this year's Primary 7 pupils missed some of the content last year due to lockdown, they will be covering Second Level content for Primary 6 and Primary 7. Here are two short videos that will explain more about the rationale behind the RSHP curriculum and its age appropriateness:

The rationale behind RSHP: <https://vimeo.com/361263347>

An age appropriate curriculum: <https://vimeo.com/361994410>

The Second level RSHP content is outlined on page 2 of this letter and you can find out more information on the RSHP website <https://rshp.scot/> where there is an excellent information section for parents and carers <https://rshp.scot/about-the-resource/#parentsandcarers> with a presentation you can download and look through. There are also some questions in the FAQ section that are directly applicable to parents and carers <https://rshp.scot/faq/>

Thank you for your time

Best Wishes

Paul

*Paul Tyler*

Principal Teacher

Kirkhill Primary School



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## **Second Level RSHP Content**

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.

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/carers** 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.