

Relationships, Sexual Health & Parenthood

A guide for parents

Uist Primaries' RSHP framework guides staff on how children can be helped to develop healthy and respectful attitudes to their bodies and to all aspects of the gift of life.

Parents are responsible for helping children to understand that their lives are precious and to know how to take care of their bodies.

Parents and teachers can help children to wonder at the beauty of life, to aspire towards the joy of loving relationships and to find the deepest expression of human love for one other person.

A developmental approach

Uist Primaries' RSHP Framework takes a sensitive and gradual approach to teaching children about some of the most personal and intimate features of life. The teaching will help children to understand their bodies, including their sexual capacities, and to be at ease with themselves as their bodies grow.

It will show how love can be at the heart of all aspects of their lives - physical, emotional, social, intellectual, and for some, spiritually.

Family life

Teachers know that children today live in diverse types of family settings and do not assume any particular family circumstances as being the 'norm'. While they will help pupils to understand the vision of marriage and civil partnerships, they will not offer moral judgements on anyone's particular family circumstances.

What can parents do?

- Take the lead in preparing your children for loving relationships. In fact, you have already done so by loving and caring for them when they were babies and took their steps in the world. Since then you have taught them how to take care of themselves and how to relate to others in ways which are kind and loving.
- From early years, teach them to use the correct words to name the various parts of their bodies, as this will prevent misunderstanding or embarrassment later. This will help them to feel at ease when they learn about how their bodies are developing and about how life begins.
- Talk to them about how they are changing as they grow, and explain that these physical and emotional changes are experienced by everyone, possibly in different ways and at different rates. (Some children may be taller; others may show signs of puberty earlier.)
- Gradually teachers will help them to learn about how their bodies work and about how to take care of them. In the final years of Primary School, they will teach about how puberty prepares us all for being able to create new life in adulthood. Although this will involve providing information about body parts and their function in creating new life, all discussions will be set firmly in the context of their lives.
- You should reassure your children that these changes are a natural part of growing up.

- Class teachers will inform you about what they will teach and when. You can support these lessons in the following ways: Be positive about your child growing up, equip them with the correct language when talking about their body parts, assure them that physical changes in puberty are natural, help them to adapt to changing emotions, help them to know that they are loved for themselves and not how they look.

Our approach

Uist Primaries' RSHP Framework

Our approach:

- We respect and love ourselves; show respect and love towards our family and friends

Building Children's Confidence:

- Encouraging healthy attitudes to our bodies
- Using appropriate vocabulary for parts of the body

Careful and Gradual

- Appropriate to age and stage of development

Some key messages for you to share with your child

- You are special human being, with many gifts and unique talents and the potential to lead a fulfilled life with your family and with others.
- You are important to your community.
- Your body with all its features, including your potential to grow and develop, is a unique creation and gift to the world so you should care for your body, respect it and protect it from harm.
- As you grow, your body will change and your feelings about your changing body might affect how you act towards others.
- Always remember that your parents want only the best for you and will guide you as best as they can. Sometimes they may need support from others.
- During your life you may experience various emotions and attraction towards others. As an adult you may be drawn to love one other person in an exclusive way and decide to share your life together.
- In a loving relationship couples express their love joyfully and show respect towards each other.
- When you are in a loving relationship you may choose to start a family. There are many different types of families, some with children and some without.

More information can be found at the following websites:

<https://sces.org.uk/gods-loving-plan-2/>

<https://rshp.scot/>

<https://healthyschools.scot/>

<https://www.bbc.co.uk/teach/>

<https://www.thinkuknow.co.uk/>

<https://www.unicef.org.uk/rights-respecting-schools/resources/>

<https://learning.nspcc.org.uk/>