



## Hyndland Primary School

44 Fortrose Street

Glasgow

G11 5LP

Phone 0141 339 7207

Email [headteacher@hyndland-pri.glasgow.sch.uk](mailto:headteacher@hyndland-pri.glasgow.sch.uk)

Head Teacher

Helen S Brown

15.1.25

Dear Parent/Carer

I am writing to inform you that over the course of the coming terms your child will be participating in a series of lessons relating to Relationships, Sexual Health and Parenthood Education (RSHP). This programme of study has been in place for a number of years now and is supported by a national resource available here –

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

Previously, parents and carers have told us that they would find it helpful if they knew when these lessons were going to be taught in school. This way they could ask their children about the topics covered and/or be prepared for any questions that may come up as a result. Therefore, this letter is to let you know that the main teaching sessions will happen over the forthcoming two terms.

**This year**, in P5, the topics covered will be:

- My body
- Friends and friendship
- A fair and equal life for girls and boys
- My senses: Things I like, things I don't like
- Consent
- Social media/popular culture
- Protecting me/Abuse and relationships

You can view all the materials here – <https://rshp.scot/second-level/>

There is also a parent and carer information page available in a number of languages here too.

The main themes and messages covered at **Second Level (note this is across 3 years P5-7)** are summarised on the next page.

If you would like more information, or to discuss any aspect, please contact Ms Chambers via the school office or email ([gw09chamberskirsty2@glow.sch.uk](mailto:gw09chamberskirsty2@glow.sch.uk)), to arrange a call back. **Please get in touch before Monday 3<sup>rd</sup> February, if you need to discuss this.** If you feel that you require further information or advice about any issues regarding talking to your children about growing up, relationships, puberty etc I would encourage you to look up the TALK 2 project website at [www.talk2glasgow.com](http://www.talk2glasgow.com).

Yours sincerely      Helen S Brown    (Head Teacher)



**Within 2<sup>nd</sup> Level (P5-7) these are the key messages running through the lessons:**

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/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.