



Hyndland Primary School

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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 begin for P6 over the next few weeks.

This year, in P6, the topics covered will be:

- Emotional wellbeing and body image
- Love and relationships
- Sex: how people have sex/what do they do?
- How human life begins, pregnancy and birth
- Being a parent or carer

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 covered at **Second Level (P5-7)** are summarised on the next page. Please note, these themes outline learning across P5, P6 & P7. **For specific details of the P6 lessons look at the link above and navigate to the specified lessons.**

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), to arrange a call back. 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.

Yours sincerely

Helen S Brown
Head Teacher



Within 2nd 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.