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Linkwood’s programme for P2-4

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| First Level (1) | P2 | - Looking after plants and animals - My family | - Keeping clean | | - Privacy - Feelings and safety |
| | P3 | - Friends and friendships | - The body | - People who help and look after me | |
| | P4 | - Safe and happy online | | | - Similarities, diversity and respect - How human life begins, pregnancy and birth |

This is the programme of learning we follow at school. We have broken down each area to give more detail of what will be covered at **school** followed by ideas of how to support this at **home**.

When it comes to **relationships** children learn about:

- What makes them unique
- Families, and how all our families are different
- The different adults who might care for children – like teachers, support staff in school
- Making and having friends
- Being male and female and that they can be whoever they want to be
- What makes people alike and what makes us different (diversity)
- Respect for others and the importance of being kind.

What you can do at home to support learning at school

At home you can do these things - some of these things are obvious and you will be doing them day-to-day, we mention them just because they do back-up the learning we do at school.

- *We are all unique!*

When you chat and play together remind your child just how important and special they are. Talk about all the things they are good at and what you love about them. You can also have them think about what makes their brothers, sisters, cousins or friends unique and special.

- *Talking about families.*

Children love to hear stories about you growing up and/or about relatives near and far. Small families can celebrate how close they are. You can draw or paint family portraits, family trees or start a family/selfie gallery.

- *Learning about trusted adults.*

At school we are helping children learn about all different adults who help and support them and who can help if they are ever worried or concerned about something. You could talk at home about the other adults in your child's life who love and care for them.

- *Being male and female.*

At school we encourage children to be happy with who they are, with whoever they want to be. Many children fit what people often expect a male or female to like or to do – others don't. At school we will do our best to treat all children equally. At home you can encourage your child to be who they want to be, to share tasks at home, and to help them learn to respect other children whoever they are

When it comes to **growing up and their body** children learn about:

- Making choices and decisions
- Looking after their body and keeping clean
- How their bodies change as they grow
- Names of parts of their body and names for private body parts; we use the words penis, vulva, bottom, nipples
- Parts of their body are private
- Other people should not touch the private parts of their body

- What behaviour is okay in public and what is okay in private (for example pulling pants up before leaving the bathroom).

What you can do at home to support learning at school

At school we talk about ‘teachable moments’. There are the times when we don’t necessarily plan a learning activity, things just pop up and there’s an opportunity to help a child learn. When it comes to growing up and learning about their body this is a good way to think about how you can support learning at home. Here are a few ideas.

- *My body belongs to me!*

This is the big message we want to get over to children at school. Children can learn that being touched is their choice. At home you can make sure you don’t tell your child they have to kiss someone goodbye or go sit on someone’s knee – they can decide! You can also give your child the clear message that if anyone touches or tries to touch their private parts they can tell you and they will never get in to trouble for such a thing.

- *In the bathroom*

When your child goes to the toilet or has a bath or shower there are opportunities to encourage them to think about what’s private. Unless you have to help, children can do things independently. They can close doors, wash their hands, put on their clothes.

- *The words we use.*

At school we will use these words: penis, vulva, bottom and nipples. We do this because if children have the correct words this means we all understand each other. This keeps them safe. And they learn that these are just parts of their bodies, they shouldn’t be embarrassed about them. You can use these words when you need to talk about their private parts. (Just to explain, we use the word vulva because this is the correct word for the part of their genitals that the girl can see – the vagina is the inside bit).

The Pants Rule. Children love this way to learn about private parts. Have a look here: <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>

When it comes to **how human life begins, pregnancy and birth** children learn about:

- The life cycles of plants and animals
- How a baby is made in very simple terms
- Pregnancy and how a baby is born
- What a baby needs and how to care for a baby.

What you can do at home to support learning at school

At school children learn about how life is created, about pregnancy and birth. We do this by talking about plants and animals, and of course this means talking about human life. We do this because children are curious, they really want to know and it's best to be very straightforward. You have probably already been asked: but where do babies come from? Here are some ideas about how to talk and learn about this at home. There are some really great books that help with these conversations. Check out the booklist in the link below.

- *How are babies made?*

At school, we will talk about how a baby is made in simple terms and at First level we wouldn't be exploring sex or conception.

- *Pregnancy.*

At school, we will talk about how the baby grows in the mummy's womb. At home or in the family or with friends there may be opportunities for children to meet and chat to women who are pregnant; they will be curious and fascinated to find out more! Pregnancies at home, with the arrival of new brothers or sisters or cousins, are great opportunities to learn about the developments across a pregnancy.

- *How are babies born?*

At school children will learn about the baby getting ready to be born and coming down from the womb and out of the mummy's vagina. At home you can talk about your child's birth, or the birth of siblings. Maybe you have some early photos to share.

- *What do babies need?*

Although very young themselves we want children to learn at school about all the things a baby needs to be healthy, happy and safe. Again, you can use personal experiences to help your child learn. You can talk about what kind of baby they were, and what helped soothe them and keep them healthy, happy and safe.

Information for parents and carers about RSHP learning at First Level at school and at home can be found at : <https://rshp.scot/first-level/>

Parents Role

What is the role of parents and carers in RSHP education?

RSHP Resource Films

<https://vimeo.com/showcase/6310425>

The series of short films made are all available here.

- Why does RSHP matter?
- Who should receive RSHP?
- What does RSHP equip children and young people to deal with?
- What is my responsibility and what support is available in local areas?
- How do we acknowledge and respond to concerns about RSHP?
- Is the new teaching resource age and stage appropriate?
- What is the role of parents and carers within RSHP?
- What do children and young people want from their RSHP?
- What practical learning do children and young people receive from RSHP education?