



# Leading Our Learning at Linkwood Primary



Health and Wellbeing

Relationships, Sexual Health and Parenthood

Parent's Guide Second Level P5-7



## Contents

- **Page 3** Introduction
- **Page 4- 9** Second Level P5-7
- **Page 9** Sexual Health overview
- **Page 10** Role of Parents in supporting understanding

**Linkwood’s programme for P5-7**

Second level	P5	- My friends and friendship	- My senses: Things I like and don't like	- My Body - Smoking	- How human life begins; Pregnancy and birth
	P6	- Alcohol/drug misuse - Menstruation	- Social media/popular culture	- Fair and equal life for boys and girls	- Being a parent/carer - Love and relationships
	P7	- Peer pressure & substances - Consequences of drugs	- What is sex? - Consent	- Understanding human sexuality	- Protecting me/abuse and relationships

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 and what makes people alike and what makes us different (diversity)
- Making and having friends
- Being male or female, and that they can be anyone 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.

***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 learning 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.

- *Making and having friends.*

At this age our children start to become a bit more independent and their friendships become more important to them. This also means that 'fall-outs' become more common. At home you can encourage your child to be friendly to others, to be kind and to do their best to not get involved in arguments and fall-outs. But when your child has a problem with a friend you can also spend time just talking and helping them to figure out the best way to fix a problem – this can include speaking to someone at school to see if we can help too.

- *Being male or female.*

At school we encourage children to be happy with who they are, with whoever they want to be. 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.

- *Loving relationships.*

At this age children might already feel some pressure to have boyfriends/girlfriends. You may have already heard someone ask your child: Do you have a boyfriend/girlfriend yet? This can get in the way of children simply being friends.

At school we recognise that the early stages of puberty mean that children might start to develop feelings for others, and of course that's okay, but it would also be great if at school and at home we help children to simply be children and to play and have fun with each other with no pressure to be in relationships.

When we learn about relationships at school it is about helping the child to be confident about themselves and to imagine that when they are older, and ready for a relationship, this should be with someone who shows respect and care for them.

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.

***What can you do at home to support learning at school?***

At this age an important area for learning is to help our children be safe, to recognise and trust their feelings, and to remember who to go to if they need to talk or get help. At home you could think about doing some of these things:

- *Social media and being safe and smart online.*  
At this age children might be online more, doing homework, chatting to friends, playing games or watching YouTube. At home you can talk about how being online is like being in a place, and wherever you are you need to be and feel safe. You can help your child learn about what information not to share and about coming to you if something they see or hear upsets them. When we are learning about this at school we will let you know and suggest some things you can look at with your child to help your family learn about being safe online.
- *Feeling safe and unsafe.*  
Children at this age can be helped to recognise, understand and trust their feelings. We can help children to recognise feelings that they feel with their body (in a nervous tummy for example) and feelings in their head (when you just know something isn't right). You can talk to your child about their feelings and what they feel when they are nervous, unhappy, worried or scared.
- *Different kinds of abuse and neglect that can happen to a child.*  
We all want the best for our children and for them to be carefree. At school we will learn about abuse which can be physical or sexual abuse or

neglect, again at an age appropriate level. We do this because we want children to understand these things are wrong, and that a child is never to blame if this happens. At home, when watching TV, or reading a book, these kinds of situations will come up – you can talk to your child and help them understand that every child has the right to be safe and cared for.

- *What we mean by consent.*

Consent means asking someone's permission to do something. Learning about consent helps children to understand that they are the boss of their body. Basically learning at home could be about encouraging children to ask for permission for things and understand and accept when the answer is yes or no.

- *Who they can go to for help and support.*

Not only are you your child's first and most important teacher, you are also their most important support. At school we will encourage the children to think about adults they trust and can go to if they have a question or worry – you can do this at home too. You can encourage your child to talk about adults in school that they like and trust.

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.

***What can you do at home to support learning at school?***

By the time children get to the final years of Primary school there are changes happening to their bodies – they are growing up fast. At home you will be dealing with things like your child wanting privacy, being more independent and the early changes that come with puberty – both body changes and strong feelings. When it comes to learning about these things at home we would like you to think about what are sometimes called 'teachable moments'. There are

the times when we don't necessarily plan learning, things just pop up and there's an opportunity to help a child learn. Here are a few ideas.

- *Privacy and 'my body belongs to me!'*  
When your child goes to the toilet, goes swimming, 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. There will probably be lots of time at home where you can remind your child that they are the boss of their body, children can learn that being touched is their choice, and that no-one should touch or ask about their private parts.
- *How the bodies of both girls and boys change as they grow.*  
At school this means learning about puberty including how feelings change. All children will learn about physical changes, like what happens to their hair, skin, body shape, breasts, smell, periods (menstruation), erections and wet dreams. We will talk about personal hygiene. We understand that it might be a wee bit embarrassing to talk about some things at home, but at school we will do this in a very matter-of-fact way. It's all about basic human development and happens to us all!
- What 'having sex' is and about contraception and condoms.  
When we talk about sex at school this is explained in very basic ways. We learn about sex as part of adult loving relationships. We do this because, as you will know, children ask questions about this stuff. We also explain what contraception and condoms are, again because children hear about these things and we want them to have good, accurate, basic information.

**Lesson details can be found at:** <https://rshp.scot/second-level/>

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.

## ***What can you do at home to support learning at school?***

At school children learn about how life is created, about pregnancy and birth. When they are younger we do this by talking about plants and animals, and this moves on to talking about human life. We do this because children are curious, they really want to know and it's best to be very straightforward. Here are some ideas about how to do this at home. There are some really great books that help with these conversations. Check out the booklist on the link below.

- *How are babies made?*

At school, we will talk about how a baby is made in simple terms. See details of these lessons at the following link: <https://rshp.scot/second-level/>

- *Pregnancy.*

At school, we will talk about how the baby grows in the mum'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 mum'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.



- *Being a parent and thinking about what kind of parent they would be.*  
Although very young themselves we want children to learn at school about all the things a child needs to be healthy, happy and safe. Learning about being a parent helps children understand what an important job this is. You can use personal experiences to help your child learn, helping them to understand and recognise all the things you do for them, from when they were a baby to the age they are now.

**Information for parents and carers about RSHP learning at Second Level at school and at home:** <https://rshp.scot/second-level/>

### **P6 and 7 Sexual Health Programme**

The Sexual Health programme from P1 to P5 develops areas of feelings, relationships, caring, respect, self-aw

areness and personal safety, leading to P6 & P7 where the more sensitive issues regarding sex and sexuality begin to be taught, explored and discussed.

Staff follow the RSHP programme to implement and develop lessons on Sexual Health. Outside agencies, such as the school nurse, are available to support staff when implementing these lessons.

As with all education, Sexual Health Education is always more effective with parental support. We encourage parents to discuss the lesson content with children at home as it occurs in class. The school and parent partnership enhances and enriches our Sexual Health work.

We ensure all areas are explored sensitively and that lesson content and delivery is suitable to the needs of all children. Please contact the school directly if you require any more information about the delivery of relationships, sexual health and parenthood in Linkwood.

## 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?