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Education and Families
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RSHP Curriculum Letter

Dear Parent/Carer

During our final session, term3, we intend to fully implement Curriculum for Excellence Health and Wellbeing's Relationships, Sexual Health and Parenthood strand (RSHP).

The HWB programme forms a key element of our HWB programme in school and is an important part of children's preparations for adult life. The purpose of (RSHP) is to help develop an understanding of relationships and sexual health in a responsible and healthy manner. Furthermore, it should develop understanding and attitudes which will help children to form relationships in a responsible and healthy manner.

If you do not wish for your child to take part in the lessons, then please inform your child's class teacher as soon as possible.

The (RSHP) programme for the pupils will comprise of the following broad areas:

Early Years of Primary school (P1-2)

- Awareness of the way bodies grow and change
- Uniqueness of their body
- Where living things come from
- Family and special people who care for them
- Dealing with feelings

Middle Stages (P3-4)

- Recognising and dealing with emotions.
- Respect for self and others.
- The correct language for body parts.
- Keeping clean and healthy.
- Timescales of growth varies between different lifecycles.
- Some of the tasks required to look after a baby
- Being part of a family
- Dealing with bullying situations

Upper Stages (P5-7)

- Physical and Emotional changes at puberty



- Body image and self-worth
- Changing nature of friendship
- Dealing with feelings
- Menstruation, pregnancy and birth

Kind Regards

Mrs M Reid

Head Teacher (Acting)